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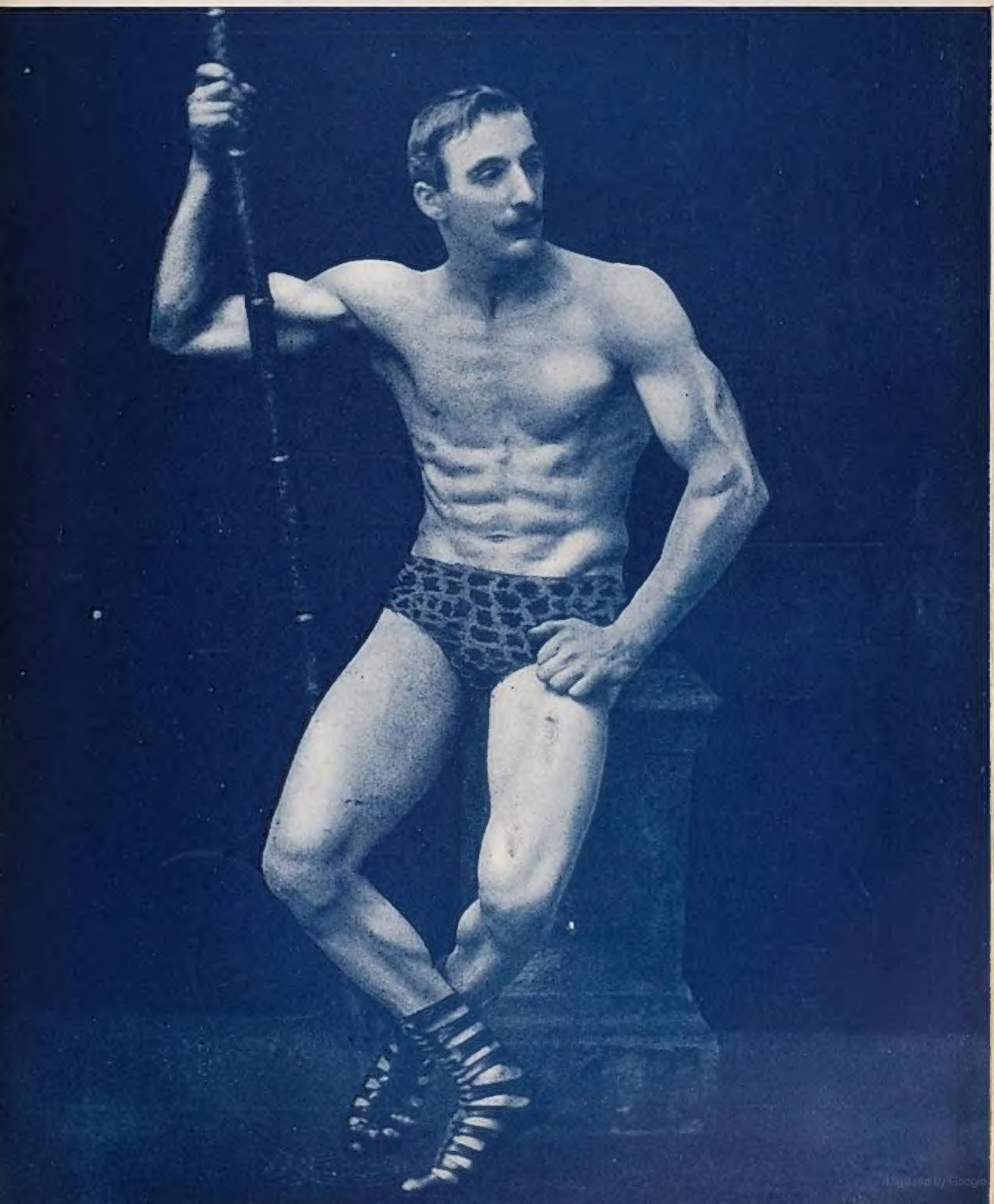
May 24th. 1906.



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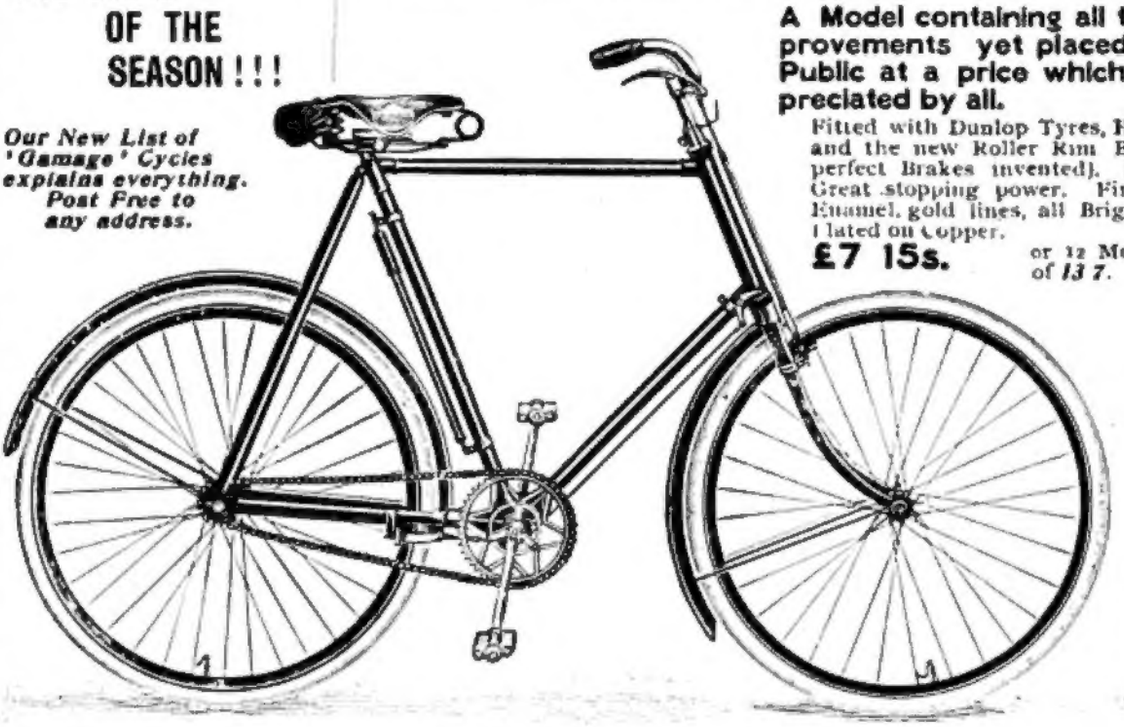

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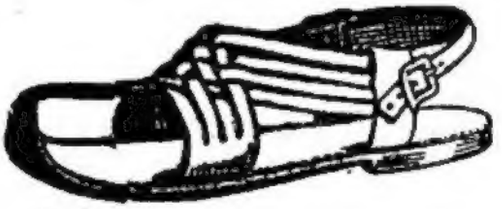

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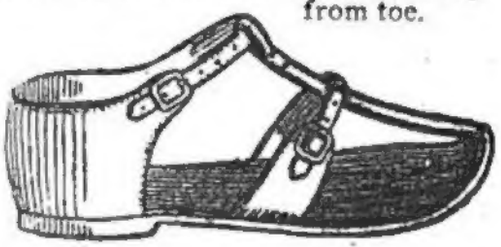

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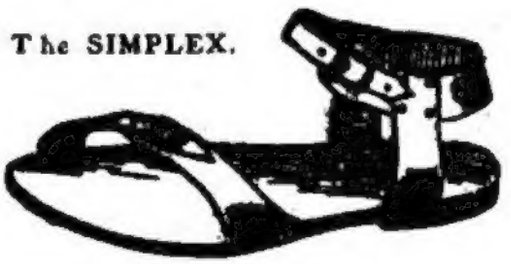

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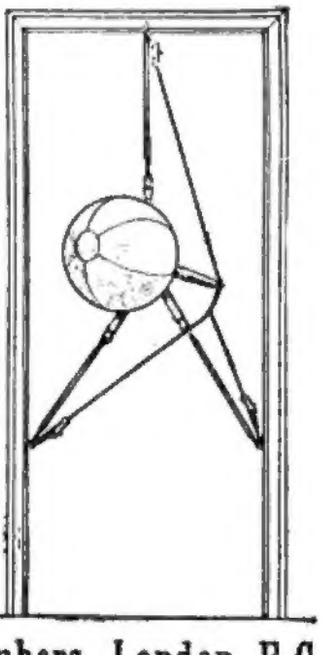

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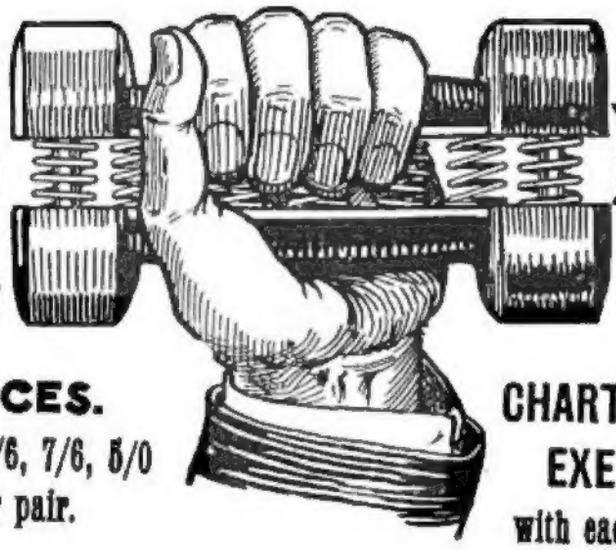

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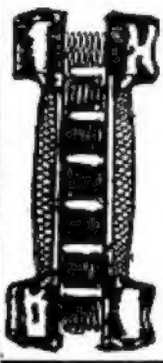

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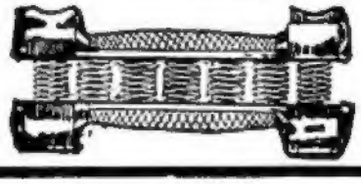

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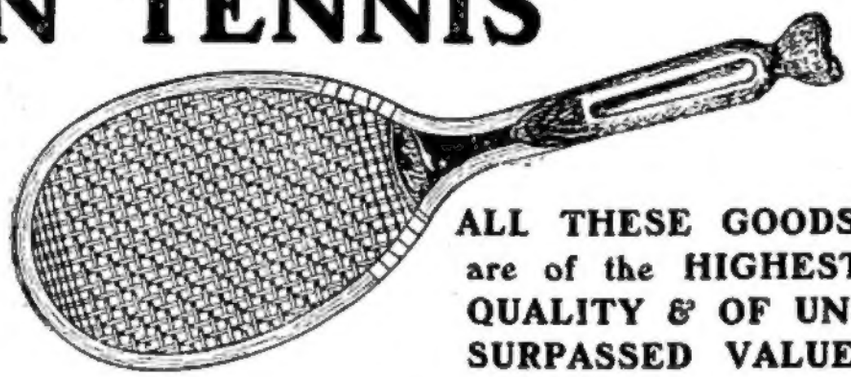

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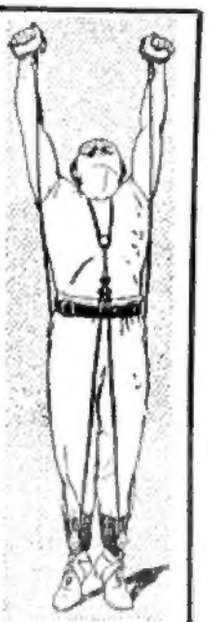

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(Est. 1898). VOL. XVI.
No. 21.

MAY 24, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

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Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

The lot of the average shop assistant is indeed a hard one. I have frequently descanted upon many phases of it, but I do not think I have yet said my say upon the utter absurdity of expecting young men and women to work up till ten, eleven, and even twelve o'clock on a Saturday night, and to be in a devout frame of mind on the following Sunday.

Yet we are often asked why it is that church-going is decreasing in popularity. Some people seem to think that the life of the poor, crushed shop assistant should consist of work and prayer: work on six days of the week, and prayer on the seventh (or is it the first?)

o——o

The shop assistants of Birmingham have evidently got sick of expecting other people to look after their interests, and they have decided to fight on lines that are both ingenious and likely to win. As they cannot obtain reasonable time for exercise and recreation through the week, they have formed a society, the object of which is to promote Sunday recreation. They are already over 500 strong, and have decided to arrange cricket fixtures among themselves for Sunday afternoons. This is certainly a bold stroke, for even the strictest "observers" could scarcely in reason protest against the assistants doing this, though all classes will unite in protesting against the system which has led to such an innovation.

o——o

Apart altogether from the broad question of Sunday recreation, it is universally admitted that recreation is necessary from every point of view. It is necessary for the individual physically and mentally; it is necessary sociologically; it is necessary economically; it is necessary even spiritually. And the shop assistant who cannot enjoy it on week-days when his time is not his own, cannot be blamed for indulging in it on the commercially

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and legally *dies non.* A very refreshing feature of the campaign is the broad-minded attitude of Canon Carnegie, the Vicar of the Cathedral Church, who, stipulating only that the assistants attended church in the morning, avowed himself in favour of the movement, and said he was willing to hold an early morning service for them at nine o'clock. "I think," added the Canon, common-sensibly, "that it is much wiser in every way to play healthy games than to loaf about and eat too much, which is regarded by many as a peculiarly Christian manner of passing the day."

o——o

Apart altogether from the religious, or even the individual, aspect of this question, there is the national point of view. I remember reading in one of Macaulay's essays a brilliant defence of the day of rest, in which he argued that England had nothing to fear from nations where the workers did not get at least one day's rest and recreation. The Sunday is the national safety-valve, and upon its abuse or disabuse much depends to any nation. And it is infinitely wiser that the young men and young women of this country should spend it in the open air and on the playing fields than that they should devote it to beer-drinking, food-gorging, and over-sleeping. We want good citizens as much as we want good Christians, and we can't have good citizens if the workers do not get a fair share of fresh air, exercise, and rest.

o——o

Notwithstanding the increased attention that is being paid to the physical training of children in this country, we are still laggards in many respects when compared with go-ahead America. Nothing is too small for the 'cute Yankee mind to overlook. Even the manner in which the books are carried under the arm to school is carefully regulated, and the school children of New York have been instructed to carry their books under their left arm on odd days of the month, and under the right arm on even days. The purpose of this order is to avoid curvature of the spine, which is often due to the constant use of one side of the body only. Perhaps the English schoolmaster will soon begin to follow this useful practice.

The simple life had a strange follower in the person of Mr. George Mead, of Peterborough, who has just died. Although a millionaire—or, perhaps, because of it, for millionaires are rarely remarkable for their powers of digestion—he led a life of Spartan simplicity, his diet chiefly being bread, potatoes, and hot water; while, by way of physical exercise, he was in the habit of running a mile every morning. He lived to be almost an octogenarian, dying at the ripe old age of seventy-nine.

o——o

A happy suggestion indeed is that made by Sir Victor Horsley. Recognising the evil effects of alcohol, he contends that it is the duty of the State to teach temperance in the school by sending lecturers to each school, their duty being to illustrate the actual physiological effects of alcohol upon the human system. It would certainly be a good idea if the injury done to health and morals by alcohol could be practically demonstrated at an impressional period of life, although, doubtless, many of the poorer scholars have unfortunately learnt something of the curse of strong drink in their own homes. Certainly, no possible effort should be spared to inculcate temperance in the minds of the school-children.

The Tallest Back.

W. Morley, said to be the tallest back in England, has again signed on for Grimsby. It is stated he had been approached by three First Division clubs. Bisby, of Sheffield United, has put pen to paper for the Fishermen.

At a Physical Development Competition held recently in Douglas, Isle of Man, Mr. Tom Woolcock, of the Douglas Sandow Physical Culture Club, acted as judge. The winner proved to be Mr. W. Killey.

"I am writing to thank you for the Fellowship Medal, which I am more than delighted with, and I hope soon to have a try for your Gold one, which I hope I will be successful in getting. Thanking you again—J. W. ROSE (Rochdale)."

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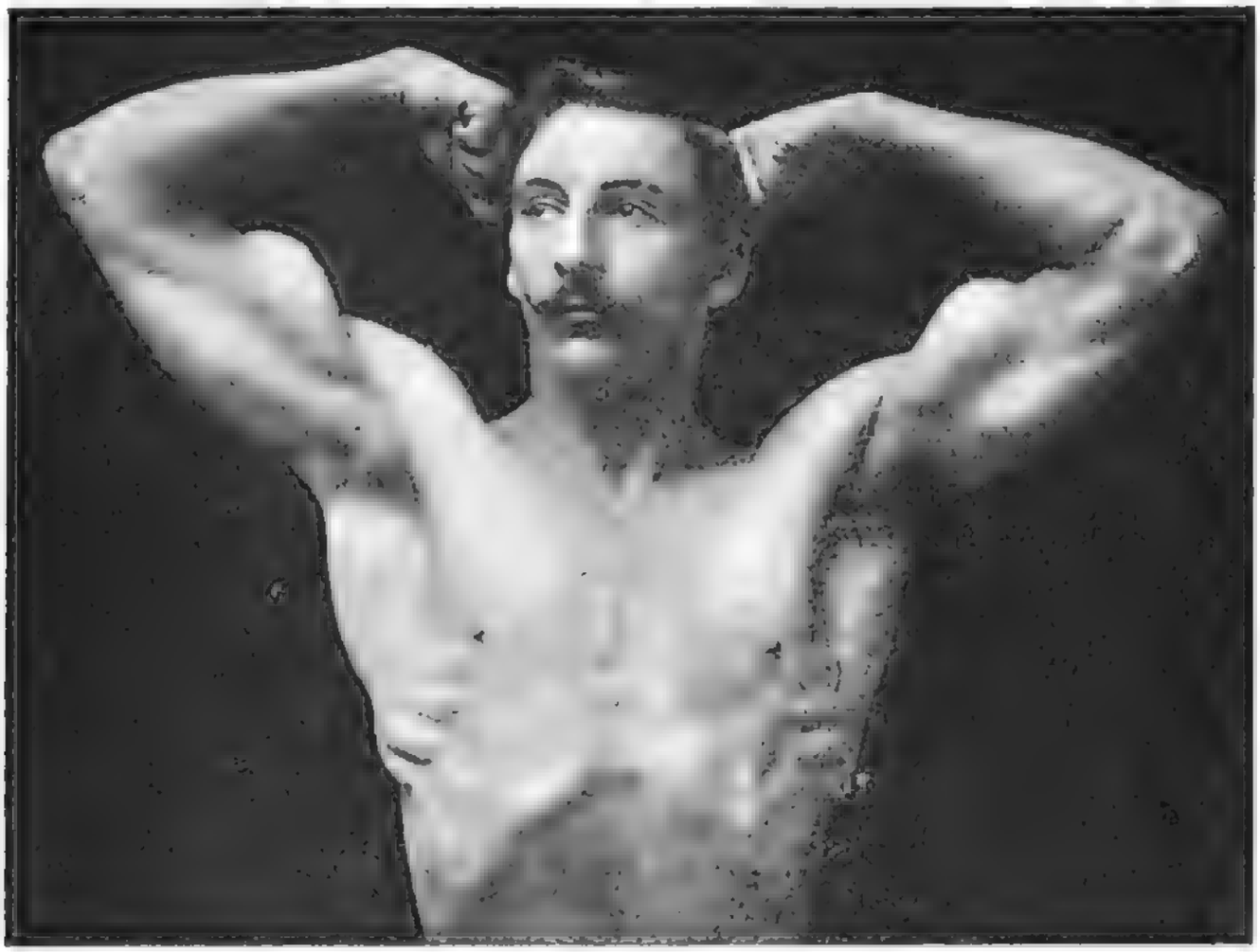


HOW I BECAME STRONG.

By C. COWLING (Lincoln).

[The following "experience" has been sent in by Mr. C. Cowling, of Lincoln, whose photo appears above, and also adorns this week's cover. It tells in a pleasing manner how he overcame the patent medicine habit, and, by the enthusiastic practice of physical culture, grew out of weakness into strength. Mr. Cowling's letter should give renewed courage to any reader who lacks enthusiasm.—THE EDITOR.]

SIR,—As I have practised Sandow's system of Physical Culture for five and a half years, and have been repaid beyond my wildest dreams for my efforts, my experiences and the lessons I have learnt during that time may prove interesting to your readers. I have read very often in the magazine letters from readers, in which they describe themselves as "enthusiastic culturists." I wonder if, after they have read my experiences, they will allow me to call myself an "enthusiast"?

I was 17 years and three months of age when I took up Physical Culture, but what my state of health was at that time I really dare not describe, because it would read just like the "before-taking" part of a testimonial to some patent medicine, which take up half our daily papers to-day, and which, if your readers are the sensible fellows I take them to be, they don't believe a word of; so, as I want every word of this letter of mine to be relied on for the truth, I will just confine myself to saying that from fifteen years to seventeen years of age I swallowed almost every patent medicine advertised at that time, as well as the nostrums sold by quack doctors in our market-place on a Saturday night, with the usual results.

Well, my first step in the Physical Culture direction was the buying of a Sandow's Combined Developer, and then began a system of exercise similar, I imagine, to that adopted by every young Sandow aspirant. I managed to work in during each day the exercises on the Developer Chart, the Chest Expander Chart, and the Dumb-bell Chart—and survived the experience.

But I soon learned better. In the Developer box was an advertisement of "Strength, and How to Obtain It," and I obtained it—both the book and the strength.

That chapter on will-power I simply devoured. Before reading it, I had been in the habit of swinging the dumb-bells about at the rate of something like four movements to the second, with no thought whatever as to the muscles I was exercising, but now I performed my movements in the manner which has placed the light dumb-bell at the head of all Physical Culture appliances.

I next arranged a course of exercises as follows: On Monday, Wednesday and Friday I went through the whole dumb-bell chart, and on the other days I selected exercises from the chest expander chart, bringing in all the muscles of the upper part of the body, and all those shown in the dumb-bell chart for the development of the lungs, the muscles of the legs, and abdominal muscles. I commenced with two strands on the chest expander, and now can exercise comfortably with eight. The dumb-bell exercises I performed with wooden grips only, as I found that when using a weight those muscles occupied in overcoming the law of gravitation were the first to tire. Now let me here endeavour to prove my claim as an "enthusiast." It was generally advised when I took up Physical Culture to go through the exercises if possible in the morning. But how was I to do it? My work commenced at six, and there were eight hours' sleep to be brought in before this? Well, this is how I solved the problem, but not the *difficulty*. I went to bed at 8 p.m., and turned out at 4 a.m., without missing half a dozen times in eighteen months. If any of your readers fail to grasp what I mean when I say I solved the problem, but not the "difficulty," let them try packing off to bed at eight o'clock on a summer's night, when through your open window there floats the strains of a brass band giving a concert in the park, not a hundred yards away, and you are passionately fond of music; or just try turning out of bed at four a.m. on a frosty morning, when if you liked you might have another hour and a half between the sheets, and then see if my meaning is plain.

This only lasted for eighteen months, though—no, I wasn't tired of it, but I had been reading everything relating to physical matters that I could lay my hands on, and I had come to the conclusion that the morning wasn't the best time to perform violent exercise; but night was the ideal time, when the body is the strongest, and the heart less likely to suffer strain. Another reason, too, for doing my work at night was that I got a set of heavy weights, and from that time twice a week for about two years I did my best to break all existing weight-lifting records, at the same time striving to avoid creating a record in the way of broken bedroom floors.

Since then I have taken up gymnastics, running, etc., as it is my ambition to be an all-round athlete; but three nights a week still find me in the old bedroom, enjoying more than ever my three-quarters of an hour with dumb-bell and chest expander.

Following are some of my best performances and measurements:—

Right-hand lift from ground to above head	160 lbs.
Left-hand lift from ground to above head	154 lbs.
Two hands bar-bell	190 lbs.
Right-hand press from shoulder ...	180 lbs.
Lying down, and rising to upright position again with	140 lbs.

Stretching 13 strands of Sandow Chest Expander.

Running 11 miles on country road without training in 60 mins.

Running high jump, 5 ft. 2 ins.

I can also "chin" the bar twice with right hand, and once with left; turn a handspring; walk on hands; hold the front plache and crucifix on the rings, and several other gymnastic tricks.

MEASUREMENTS.

Age, 22 years, 9 months		Upper Arm . .	15 in.
Height ... ... 5 ft. 6 in.		Forearm . .	12 "
Weight (strip'd) 10 st. 13 lb.		Thigh .	22 "
Chest (nor.)	43 in.	Calf ...	14½ "
Waist	30½ "	Ankle .. .	8 "
Neck	17 "		

Yours, etc.,
C. COWLING.

Sportsmen and Statesmen.

Among the newly-elected members of the French Chamber of Deputies, are representatives of nearly every sport. A champion cross-country runner, four famous aeronauts, a champion cyclist, and several professors of fencing are among the number, while the Marquis de Dion will safeguard the interests of automobiling, and M. Paul Lebaudy, of airship fame, will keep an eye on all matters connected with his hobby.

The Fresh-Air Life.

The physician usually contents himself with the prescribing of medicine. But he should do more. The cultivation of a "fresh-air" life, the regulation of the quantity and nature of the diet, the adjustment of exercise to bodily capacity, the use of baths—these and such like questions obviously have the most intimate bearing on health, and on them the physician should be prepared to afford his patients counsel and help. Possibly, adds *The Hospital*, the virtues of drugs just now are somewhat unduly depreciated, but whether this is so or not, no one will question the importance of the agencies which have just been enumerated.

Puzzling the Lawyers.

In a provincial town a wrestler who offered to pay £1 a minute to anyone who stood up to him after the first ten minutes has been thrown himself. That was a fortnight ago, and his opponent claims £1 a minute ever since. The lawyers are puzzled.

You cannot have the highest education, you cannot have any education, unless you make those who are to receive it fit to receive it. You cannot save the soul unless you attend to the body.—THE RIGHT HON. R. B. HALDANE, M.P.

SPORT IN AUSTRALIA.

By R. J. WITHERS (*Our Australian Correspondent*).

CANDID critics are wont to express the opinion that we Australians think too much of sport, and they are both right and wrong. When it comes to watching thorough-bred horses flogged and spurred over a given course to win money, such "sport" cannot be said to beneficially affect its patrons, at least, not in a physical sense. But the man who spends his spare time in the cricket or football field, swimming, "shooting the breakers," cycling for health and pleasure, at lacrosse, or any such sport which builds up body and mind, invigorates the system, and brings the blessings of health to the devotee, the critic is utterly wrong. The man who takes his exercise whole-heartedly generally tackles his daily work in the same manner, and it is a significant fact that Australians think more of participating in a game than in watching it, and while that spirit prevails there is no danger of sport becoming the source of danger that carping critics fear. In Australia the weather is the sportsman's ideal—he can play all the year round: cricket, cycling, fishing, and swimming being the main sports in the summer, and football reigning supreme in the winter. This summer swimming has been more popular than ever before, while cricket is still the king of games with us.

AN AUSTRALIAN SWIMMER AT THE OLYMPIAN GAMES.

Cecil Healy, who represented Australia in the swimming events at the recent Olympian games, has the world's record of 58 seconds for the 100 yards to his credit, and in Australian water has been second only to the late Barney Kieran. He is the holder of several state and Australian championships, and is a quiet, unassuming young man, of splendid physique, full of pluck, a thorough sportsman, and one whom to know is to like. In private life he is in the employ of Wm. Cooper & Nephews, the sheep dip manufacturers, in their Sydney office, and, prior to joining that firm, was on the staff of the *Pastoralist's Review*. He has, during the past two seasons, shown steady and consistent improvement as a swimmer, and will worthily uphold a country that is rather proud of its water travellers. His brother, Reginald, has lately come to the front and shown great pace and staying power, and is looked upon as a likely successor to Kieran for the mile.

"BEACH CRICKET."

"Beach cricket" is a sport in which hundreds of Sydney youths revel on Saturday afternoons and half-holidays on many secluded beaches around "our beautiful harbour." Not "flannelled fools" are they, for the cricketing costume gives way to swimming trunks, and the game is exciting, inasmuch as a good deal of the "scouting" has to be done in the water. The game is played on the open beach and in a number of the larger bathing enclosures. The only drawback is that at first the devotee suffers a good deal from sunburn, but, as the season wears on, they become tanned, and derive immense enjoyment from the healthy freedom and the unconscious "sun bath." Some of our well-known cricketers indulge in beach cricket, and speak highly of it as a health-giving sport.

SHARK FISHING.

Shark fishing provides sport for many venturesome devotees during our summer months. Nothing more exciting could be imagined. Sharks are, unfortunately, very plentiful during the summer months, roaming about the harbour and rivers, and appearing in shoals off the coast, giving a spice of danger to surf-bathing and swimming in unprotected waters. Each

year we have tragic occurrences in which venturesome swimmers, taking big risks in the harbour or rivers, are attacked by sharks, and few, once set upon, succeed in escaping. Naturally, everyone sympathises with the shark capturer—the avengers they call themselves—and we read with joy of their successes. Recently a party went out for a day's fishing and made a splendid haul. The brutes are all fight, and the sensation of having a shark on one's line is a pretty good tonic for the whole system. The man-eater requires skilful handling, and when at last partly conquered and hauled to the boat's edge, he is promptly despatched with heavy blows on the nose.

SHOOTING THE BREAKERS.

Surf-bathing is all the rage at the ocean beaches now. Men, women, and children disport themselves in the silvery foam, and the health-giving exercise was never more popular than the present season. At Manly, Bondi, Cooqee, and other beaches, there are devotees of the sport the whole year round, while, during the summer, thousands bathe and skylark in the foam daily. Once outside the surf, and swimming in deep water, there is the ever-present danger of sharks, but even that does not deter some of the more venturesome. "Shooting the breakers" is in itself an art, and there is a fascination about it that grows on one. Just prior to the mighty inrush of a wave, you let yourself be sucked into the backwash of a receding wave. Then, just before the incoming wave reaches you, you kick and strike shorewards, afterwards stiffening the body, and the wave dashes you forward through the silvery foam like a log of wood, and with great force and speed, landing you high and dry on the sand.

WOOD-CHOPPING CONTESTS.

Wood-chopping may seem a rather prosaic occupation, but a wood-chopping contest is exciting to watch, doubly exciting to take part in, and the sport produces champions who bring science and skill to play in it. At the recent Adelaide show one of these contests was decided, and, with forty competitors taking part, created much local enthusiasm. The logs had to be cut in half, and were placed both vertical and horizontal. They were of stringy bark, about 18 inches in diameter. The vertical final was won by J. R. Peach, who got through his task in 3 min. 0⅘ sec. In the horizontal chop H. Samuell gave a great display of axemanship, finishing off in the remarkably quick time of 2 min. 31 secs. He was the only performer to adopt the attitude of standing on the log over his work.

KIERAN MEMORIAL FUND.

Up to the present the amount collected, with the object of providing a fitting memorial for the late Barney Kieran—the Australian boy swimmer who, after reaching the pinnacle of fame amongst swimmers, died suddenly — has now reached about £200. Several swimming carnivals have been held in aid of the fund, and collections among swimmers amount to a considerable sum.

Meals in Foreign Schools.

The methods adopted in the great Continental and American cities for dealing with underfed children attending schools have been described in a parliamentary paper.

Nearly every city has an organisation that provides food—usually one meal. In several places these organisations are connected with the municipality. Indigent children are fed during the winter on every week-day in some cities, and on three, four, or five days elsewhere.

In Vienna this costs £4,000, in Paris £58,452, of which £14,300 came from parents. In Berlin the municipal department responsible for the schools attended by the poorer classes feeds and clothes necessitous children, with the assistance of a society whose committee is appointed by the Government. The meals—breakfasts only—are supplied in the school buildings.

There is no central organisation for providing food or clothing in New York, but the Children's Aid Society and the Female Guardian Society, both of which are connected with the Board of Education and the city of New York, have established schools providing for underfed children.

Mems. from Massachusetts.—Gems from a lecture at Mendon, Mass.:—"Many a young man is trying to support a sealskin wife on a muskrat salary." "Women would make better homes for themselves if they would love themselves less and the men more." "Judge not that ye be not judged, for many of us wear silk shirts over soiled linen." "God made the country, but man made the country roads."

——THE PHYSICAL EDUCATION OF GIRLS.——

IN the May number of the "Nineteenth Century and After," there appeared an interesting article from the pen of Miss K. Bathurst, late inspector under the Board of Education, in which she points out the necessity for reform in the physical drill of girls in elementary schools.

In Sweden, Miss Bathurst understands that the children are first medically examined to see whether they are fit to join the ordinary drill classes, which are conducted by trained specialists. In England, until quite recently, it has been thought that anyone could teach drill, and, although lately improvements have been effected in this direction, England cannot as yet compete with her Swedish contemporary.

Miss Bathurst points out that a man cannot understand the subject of a woman's health or the all-important subjects of her gymnasium dress—a strong argument in favour of women teachers for women. Furthermore, the fact that some two-thirds of the children in the schools are girls and infants, makes apparent the necessity for women inspectors.

FITNESS FOR DRILL.

"Girls," says Miss Bathurst, "are bound to learn drill, but they are not bound to be suitably dressed, nor is there a sufficient safeguard that they are in a fit state of health on any particular day to be drilled at all."

That the amount of "standing" in schools causes unnecessary suffering to the girls is another point brought forward, and also the need that exists for "the same standard of efficiency in intellectual matters, and a different and special standard in matters of hygiene."

The boys get better playgrounds and

MORE SWEDISH INSTRUCTION.

INSTRUCTRESS (to exhausted class, who have been hopping round room for some time): "Come! Come! That won't do at all. You must look cheerful. Keep smiling—smiling all the time!"

Reproduced by special permission of the Proprietors of "Punch."

*

games than their sisters, while in the needlework classes the making of old-fashioned and obsolete garments is still carried on.

The provision for drying clothes and boots in wet weather is also an urgently-needed reform.

UNNATURAL POSITIONS.

Lastly, Miss Bathurst strongly deprecates the practice favoured by teachers of making children sit with their arms crossed before them, or with their arms behind them—a position which is both unnatural and cramping, and undoes all the good of such physical training as the child may get otherwise.

In short, she believes that until a number of women inspectors are appointed in some proportion to the men, questions vitally affecting the health of girls cannot receive proper attention, and while not adverse to the modern military spirit where the older children are concerned, in the case of the little ones Miss Bathurst pleads for its maternal substitute.

Cricketing for an Education.

IN America, numbers of young men work their way through college. The following advertisement reveals the fact that the English youth may get his education more cheaply if he can play cricket well. The advertisement runs:—

Bruges. — Pembroke School. — Head Master, C. E. Laurence, M.A. (First-class Classical Tripos); large reduction in fees made for a few good cricketers. —Write for prospectus.

This opens up so interesting a prospect that a representative of the *Daily Mirror* interviewed a number of masters on the subject.

"It is quite a common practice," said one, "to offer special inducements in order to attract boys who are good cricketers or good football players, and the sacrifices made to obtain them as pupils are regarded as a good investment.

"In our best preparatory schools there are many boys who are receiving their education free, including board and lodging for the thirty-nine weeks in the year which the terms fill up.

"They live well, are given exceptionally good apartments, and receive a first-class training in all school subjects.

CRICKETERS A GOOD BUSINESS ASSET.

"Many of them become school-masters. Some of our best-known school managers owe everything to early proficiency with bat and ball. I know cases where, in addition to all these advantages, a boy has actually had an allowance of as much as £150 a year from the school proprietor.

"Proprietors are fully aware of the fact that the school that wins games, or possesses the services of good cricketers, never need look long for rich pupils. Parents almost invariably prefer to send their boys to schools with a good reputation for games.

"And they are not wrong in this. Long experience has taught me that the boy who excels at games is more often than not excellent in classics or mathematics."

SACRIFICES FOR ATHLETICS.

The proprietor of a well-known preparatory school said that he knew of a case in which the father of two boys at a school where the fee is £120 a year failed in business, and wrote to the proprietor regretting the necessity to remove his boys from school.

"Both boys, as it happened were extremely promising cricketers, and moreover were good scholars. The proprietor, therefore, offered to keep the boys at one-third the usual fee, and an arrangement was made on this basis.

"An even more striking instance occurred in the case of one of our leading public schools. In this case the father of a boy who was a splendid runner and a member of the eleven came to grief in business. This was a year ago, and the boy is still at the school obtaining his education and board without fees of any kind."

The Egg Diet.

Barney Wynn, homeless and unemployed, likes eggs. Barney was detected in the act of abstracting half a dozen "new laid" from a grocer's box in the London Road, and a sharp-eyed officer, seeing the act, gave chase. Wynn sprinted, but did not lose his appetite, and as he ran he broke the ovoids one by one and swallowed their contents. By the time the constable overtook him every egg had disappeared, and the shell-strewn sidewalk alone told the story. Wynn was locked up as a suspicious person.

HOW TO GO TO SEA.

By J. St. A. JEWELL.

...Author of "The Loss of the Malpasia," and other exciting sea stories.

The author has had a life chockful of thrilling experiences in all parts of the world, including voyages as a mate of "hot Yankee wind-jammers," perhaps the most severe test of seamanship that any man can undergo.—THE EDITOR.

I AM an old sailor. It comes as natural to me to handle a marlin-spike as a knife and fork, and I love the smell of Stockholm tar as much as a Cockney does the smell of orange peel in London's streets.

I left the sea years ago, and like every other sailor who gets a billet ashore, I ostentatiously maintained that it was at its best a dog's life, and thereupon blessed my lucky stars and proclaimed that God was good to me.

Now, after years of the cramping, unhealthy and ungodly shore life, I know that the sea life was a good life, a healthy life, the life for a man who carried red blood in his veins.

They say there is now no romance at sea, but they lie. They say there is nothing beautiful at sea, but they lie again. The man who is not stirred by the sight of a tall, stately ship ploughing her way over God's blue water, with her sails swelling to the breeze like the bosom of a woman, must have the eyes of a crab and the soul of a hog.

The man who can see no poetry in the motion of the same ship, gently rising and falling with the waves that bear her, is the man who would walk wearing hob-nailed boots through the Gates of Paradise with no regret.

To you who are on the threshold of life-work, and who have not yet decided in what branch your energies shall be directed, think of the sea. Remember, your country is the first maritime country in the world. Try to realise that under your flag sail 11,041 vessels (each over 100 tons) representing 15,546,897 tons of shipping. Of the 11,041 vessels, 8,352 are steamers and 2,689 sailing ships. Notwithstanding that the steamers outnumber the sailing ships at over 3 to 1, it is with the latter our interest lies, for a period in a sailing ship is as necessary to the making of a sailor as a course in the shop is to the making of an engineer.

Assuming, then, you decide to follow the sea, you must make arrangements to go in a sailing ship. In the ordinary way, your parents would apprentice you in a shipping firm for four or five years, and perhaps pay a premium for you of, say, £30, which would be paid you back as wages during your apprenticeship.

That is the ordinary method of sending a boy to sea, and I say without hesitation it is wrong. In nine ships out of ten the apprentices are but brass cleaners all their time, and the only privileges they get are the doubtful ones of having a cabin or "house" to themselves (apart from the sailors), and wearing a uniform, including a brass-bound cap.

The system is wrong — absolutely wrong. Instead, I recommend that a boy should go firstly a voyage *as* a "boy," and if after one voyage he does not know enough to "sign on" as an ordinary seaman (the next grade) in his next ship,

then I have no hesitation in saying he must be a "useless article."

Exactly how to get a billet as "boy" is a question that requires some thought. Ship captains don't care to be bothered by boys looking for billets, and, moreover, it is exceedingly rare to find a real live captain aboard his ship when in a home port nowadays. Generally he is employed on matters that take him to his owners' offices, and his ship is generally in charge of a sort of caretaker called a "ship's husband."

Personal application, therefore, to a captain is more or less out of the question. The owners may be approached, it is true, but it is ten to one they will point out the glory (?) of an apprentice's life with a view to securing a premium. Moreover, if they do consent to send a boy on one of their ships, they will probably suggest as wages a sum not sufficient to keep a parrot in seed.

I hold that it is not only undignified for a lad to work under market prices, but that, in addition, it helps to kill the lad's own natural independence, in that it makes him lean for support on his parents at a time when he should be striking out for himself.

Another alternative, therefore, suggests itself, and that is to get hold of a "boarding master"—one of those men who make it a business to procure crews for ships. Offer a boarding master, say, a couple of pounds for finding you a berth, and he'll be glad to earn the money, for it only means to him a few words with a captain and the thing is done.

Failing this, always remember you can get anything from a wife to a pin by advertisement.

Assuming, therefore, that you have secured a billet as boy on a deep water ship (one trading to ports abroad, or to the southward of the Equator), the question of kit becomes of importance.

Now, for a sea kit, there is a golden sea rule which says, "Four of everything." It is a good rule, the outcome of experience, and should be followed. The following list now set out is a full one, and could be cut down to one-half easily. Nevertheless, always have plenty if you can afford it, and the following comprises a kit that should last some years if a little care be expended upon it.

SEA KIT.	£	s.	d.
A sea chest fitted with till at one end, say	1	0	0
A pair leather knee-high sea boots, with wood pegged soles	1	0	0
A pair Blucher boots (for working)	0	10	0
A suit of oilskins and sou'-wester	0	15	0
Four flannel shirts	1	5	0
Four flannel under-shirts	0	16	0
Four flannel under-pants	0	16	0
One pair blue cloth trousers (working)	0	6	0
Four pairs dungaree pants ...	0	10	0
Four dungaree jumpers	0	10	0
One Cardigan jacket	0	5	0
One double-breasted jacket (for cold weather)	0	12	0
Two blanket rugs, say	0	15	0
"Donkey's breakfast" and pillow, (*i.e.*, straw mattress and pillow)	0	4	0
Also:—Hookpot, pannikin and plate, sheath knife and belt, 2 mufflers, 2 towels, 2 caps, ditty box with thread and needles, etc., soap, matches, socks, mitts, Reed's "Navigation," say	1	10	0
Making a total expenditure of	£10	4	0

Apart from these, you would have your shore-going suit and other gear. For shore-going shirts, use good flannel, and if you wish to appear smart, use detachable white cuffs and collars. Personally, though, for comfort, I advocate flannel collars and no cuffs at all. I also recommend that the trousers of the shore-going suit have the brace buttons sewn inside, and that they be supplied with loops for a belt. This, because in warm climates the coat and trousers only would be worn ashore, and a pair of nether garments suspended by braces under these conditions looks slovenly. A belt, on the other hand, looks neat, and the brace buttons being inside, would not be seen, thus making it appear that the garment was made especially for use with a belt.

Having got both your ship and your kit, let us see what life has in store for you. You will live in the foc'sle with the sailors, have a bunk of your own, and do generally what you are told. If you are willing and energetic you will be treated well, and your shipmates will only be too pleased to teach you as much as you can absorb of practical seamanship.

If, on the other hand, you are inclined to be cheeky and lazy, you will soon realise that sea life is not all beer and skittles. Sailors have various ways of dealing with cheeky boys, and the majority of those ways includes the use of either a belt or the toe of a sea boot. In short, cheekiness is not tolerated from boys at sea, and those whose tongues are apt to run away with them are soon sifted down to a position of proper respect for their elders.

A willing and energetic boy at sea is noticed just as soon by officers as men. As soon as they see he is anxious to get on, they push him on, and give him opportunities for gaining sea knowledge that a dullard would never get.

By the end of the first voyage, therefore, a smart boy should be able to sign on in his next ship as ordinary seaman—the first step in promotion, and one, of course, that carries larger pay. A further voyage as ordinary seaman, and the same lad should be capable of filling a billet as able seaman in the next ship.

Assuming that both the first and second voyages occupied eighteen months each, another year's service must be put in before you are allowed to go up for the Board of Trade examination as second mate.

Put in that twelve months as quickly as you can, and then go up and pass. Once an officer, leave sailing ships for good, and go into steam. Join a powerful company running passenger ships, and work your way up. You may at the age of forty-five gain a command, a position, in my opinion, quite equal to a shore billet of £400 per annum. Moreover, most firms give increased pay each year the command is held.

Life on a passenger ship is a splendid life. There is plenty of good company, always fresh faces, good pay, and an open-air life. The duties are not heavy, and the greater part of your time is spent on smooth waters and under sunny skies.

Chances of glory and fortune at sea often present themselves, even in these hustling days. Suppose, for instance, you are in command of a ship, and you meet far at sea a vessel helplessly disabled and about to be abandoned. First you rescue the crew and thereby gain glory. Suppose, further, the abandoned ship has in her hold a cargo worth £50,000, and you can see a chance of saving her. Suppose, further, that you *do* succeed in getting her into port safe and sound; in other words, you save by your pluck and skill the underwriters for the amount that both vessel and cargo were insured for. How do you suppose they would treat you? They would pay to you and your crew in hard gold an adequate monetary recompense, and in the case of a £50,000 ship and cargo, it would tot into a big sum. And there's fortune for you.

But, apart from chances of fame and fortune, the life is a good life, a healthy life, a man's life. No one who has not toiled and sweated in a vile-aired office can thoroughly appreciate the beauties of an open-air life. But those who have—those who have felt that all-powerful longing for a lungful of good pure air—will know what I mean, and understand what value to place on the fact that, above everything else, the sailor's life is one lived in the open.

I call your attention to another fact regarding sea life that some day may receive official attention. It is in respect to the men who sail our ships, and upon whose patriotism in time of war much may depend. Briefly, the fact is, that a very large proportion of the crews of English ships (officers as well as men) sailing the seas to-day are foreigners.

Oh, the shame of it! I mention this to let you know there is room for English sailors, that Englishmen are wanted.

It is not right that a vessel flying the English flag should be commanded by a foreigner. A British ship should be commanded by a Britisher—none other.

So to you who are about to choose a career, think of the sea. I have told you "How to go," but the going lies with you. May you make up your mind quickly, and good luck go with you.

The Golfer in the Garden.

The golfer is a real number one enthusiast. And the worship of the little white ball has led to quite a revolution in many a suburban garden. Where private putting-greens were unknown ten years ago, to-day they are the rule rather than the exception.

Reaching home after the business day is over, the suburban tenant casts aside his black coat, dons a light flannel jacket, takes his putter from the umbrella stand and an old ball from the glove drawer in the hall, and saunters out on to the lawn for half an hour's practice before dinner.

In addition to putting, golfers are striving to improve their driving, also in the sanctity of their own gardens. This is a more delicate and dangerous task, requiring the use of the captive golf ball. An iron stake is driven in the ground, to which is attached a long cord, the ball being fixed to the end. A full drive can be accomplished in this manner without the necessity of repairing to the links.

Another popular device for practising the golf drive is the parachute golf ball. Here the area for play may be as limited as possible. No matter how hard the ball is hit, it cannot travel any appreciable distance.

The Sailor's Life.

It is a man's life. It teaches self-restraint and discipline and the art of governing men. It is a fine, healthy life that breeds men.—W. W. Jacobs in an interview in the *Daily Chronicle*.

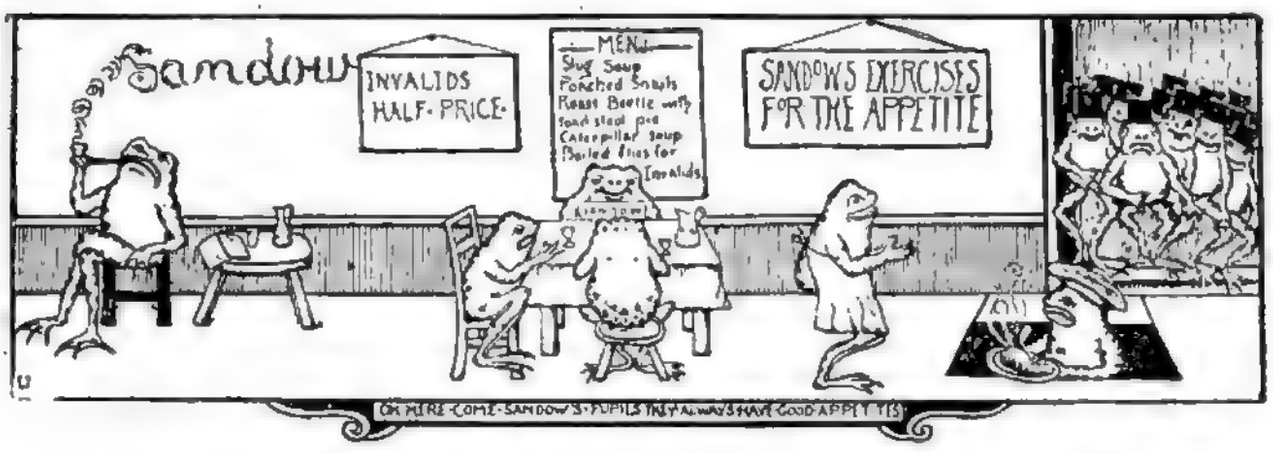
The following little poem is from a little book of verse by May Doney, called "Songs of the Real," and published by Messrs. Methuen & Co. Miss May Doney is an enthusiastic Sandowite, and exercises daily with the Symmetrion.

BODY O' LIFE.

Flower of the soul, was there ever a wonder like you?
Body built up round the spirit in tissues that frame
Strength of life ever new
For the mind to feel through,
Sum of glories knit fast in one pattern to move as one name,
Very bone of time's bone,
Out of the earth's womb begotten of water and flame,
Out of the entrails of order and reason you came,
Dust of the red earth and grain from age-harvests of stone,
Blood that is fire of the sun and elixir of dew,
Flesh that is essence of effort and power to pursue,
Matter marching to changes unknown,
In the sweat of sweet work and swift game!

Man who art master of mind and live lord of the limb,
Born of the sweets of the darkness, the salts of the soil,
And anointed with oil
To hot joys and rich toil,
Fashioned largely, to conquer the elements, flush to the rim
With desires of the chase,
Hold up the cup of your strength to be filled to the brim,
Hold up the leaves of your health till the goblet's edge swim
With grape's juice of triumph trod out in the fight and the race,
With wine of clean gladness that clears when thews tighten, veins boil,
With a purity sharp with cool courage no pride can embroil,
Till God shines in your face,
And the breath of your best is a hymn!

May Doney.



HOW MUCH FOOD SHOULD WE EAT?

MAN is most nearly allied to the frugivorous apes by his general structure and his dentition, and when and where he first appeared upon this planet his diet was probably similar to that of those animals in the present day, but as he ranged further and further from his primitive home he must have been driven, according to a writer in the *Lancet*, by hunger to make trial of other kinds of food, and as his intelligence advanced and he acquired the art of cookery he added to his diet many substances which were uneatable by him in his primitive condition. In our own country we have for some hundreds of years lived on a diet consisting largely of animal food, and this has been generally accepted as, if not strictly necessary, at least the best for all able to procure it, on the ground that it possesses the most stimulating properties and enables those who live upon it to respond with least wear and tear to the greatest calls upon them, whether physical or mental.

From time to time there have been persons bold enough to dispute the popular view, like Luigi Cornaro, who demonstrated on what a sparing diet life might be maintained even to extreme old age. But not only has their teaching been rejected by the public, but it has found no support from medical science, all works on dietetics uniting to testify to the great value of abundance of animal food and to its importance in the construction of any dietary upon which hard work is to be done. A liberal allowance of meat is thus a characteristic of the scientifically constructed diets of soldiers, sailors, athletes, and other persons whom it is desired to maintain at the highest standard of health and utmost fitness for physical exertion.

AMOUNT OF ALBUMIN DIET.

The amount of proteid (albumin diet) considered indispensable for hard work is variously estimated to be from 1,500 grains to 2,250 grains, but these figures have been arrived at by taking the customary diet of different persons doing such work and calculating from these data the average quantity of proteid consumed by them, the assumption being made that as they practically represent the sum of the experience of many generations their conclusions might be accepted as correct.

It has remained for Professor Chittenden to attack this problem scientifically, untrammelled by any assumptions. His scepticism as to current doctrines appears to have been aroused by a visit from Mr. Horace Fletcher, an American gentleman resident for many years in Venice, who has thought out for himself certain principles in connection with food and feeding by which he has not only freed himself from a long-standing digestive trouble, but has been able to bring his body into a very high degree of physical fitness, so that at the age of 60, in the words of Professor Anderson, the Director of the Yale gymnasium, "Mr. Fletcher can do the work of trained athletes and not give marked evidences of over-exertion; he performs this work with greater ease and with fewer noticeable bad results than any man of his age and condition I have ever worked with."

Mr. Fletcher lays great stress upon slow and thorough mastication and complete insalivation (the mixing with the food of the saliva and other ingredients in the mouth) of food, but the fact to which we wish (continues the *Lancet*) to draw attention is that the average amount of proteid consumed by him when he was under constant observation by Professor Chittenden was only about half of the foregoing estimate, his body-weight remaining practically constant. Moreover, it was shown by careful examination that he was in perfect flesh equilibrium.

RHEUMATICS DISAPPEAR.

This case led Professor Chittenden to investigate the subject more thoroughly; starting from this evidence that the current estimates of the necessary amount of proteid may be too high, he first of all experimented upon himself, beginning in November, 1902; at that time he was 47 years of age, weighed 145 lbs., and was in the habit of taking an ordinary mixed diet. This he gradually reduced, until his daily average of proteid was 616 grains, and upon this quantity he has since continued to live. The general effect has been to reduce his weight to 130 lbs. "to cause the disappearance of a rheumatic trouble in the knee which had persisted for a year and a half, and of such minor troubles as sick headaches and bilious attacks." He states that he has a greater appreciation of food, a keener appetite, and more acute taste.

These results were obtained without entire abstinence from any particular article of food, except alcohol. His breakfast has since consisted of a cup of coffee, with cream and sugar; his lunch of chicken, or sausages, or fish, with potato, biscuits, and butter, puddings, coffee, or tea; his dinner of soup, lamb chop, or only bread and butter, vegetables, fruit tarts, and coffee.

The Blood.

The most wonderful thing in the animal body, one of the most marvellous in the universe, is the red blood. Holy Writ instructs us, "The blood is the life." The blood creates; it builds tissues, organs, cells, fibres, fluids. It creates, repairs, heals. It is a miracle-working agency that labours silently, ceaselessly, mysteriously, intelligently, performing for the body, each moment, tasks upon which life and health absolutely depend. The blood is constantly renewed, eighteen million blood cells are created in our bodies every second of our lives. Thus the life which is in the blood is constantly renewed and life is maintained. Doctors do not cure sick folks; they only interpret the symptoms, name the disease, point out its causes, and tell how to remove them. It is the blood that heals.—*Health.*

How to Sleep Well at Night.

When nervous or suffering from the "blues," it will be well to try the following bath, for the rest and refreshing sleep that will follow will well repay the effort. Take of sea-salt four ounces, spirits of ammonia two ounces, spirits of camphor two ounces, of pure alcohol eight ounces, and sufficient hot water to make a full quart of the fluid. Dissolve the sea-salt in the hot water, and let stand until cool. Pour into the alcohol the spirits of ammonia and camphor. Add the salt water, shake well, and bottle for use. With a soft sponge dipped in this mixture, wet over the surface of the whole body. Rub vigorously until the whole skin glows.—*Good Health.*

Three-halfpence a Day.

At a meeting of the School of Social Study, held at Glasgow recently, Dr. Chalmers, medical officer for Glasgow, said that the result of a systematic inquiry made in Glasgow schools into the physical condition of the children, proved the great inferiority not only in physique but in mental capacity of children brought up in one-roomed houses, to those reared in two or three-roomed houses. On the question of feeding school children, Dr. Chalmers mentioned that in the schools for cripple children, the scholars were fed at a cost of 1½d. a day, and there had never been any difficulty in recovering the price from the parents.

Real Dumb-bells.

Formerly in an oaken cage, the bells of St. Dunstan-in-the-East have now been placed in one of iron. We wonder, will they make a peal against this confinement? Perhaps, though, they are dumb bells.

Burglar Allowed one Shot.

An order has been issued to the Bradford police stating that Ju-Jitsu is only to be used as a means of defence, and not for offensive purposes. The policemen have promised not to take advantage of their knowledge of the noble art unless the burglar has fired twice and refused to go away when politely requested to do so. In other words, while some people are trying to take away the dog's legal first bite, others are allowing the burglar a legal first shot.

WRESTLING FOR HEALTH.

Hackenschmidt Recommends it for Health Building.

I OFTEN think that, in these days when so many people are trying to discover the true secret of strength, it is very strange that the art of wrestling, which exercises almost every muscle of the body more than any other form of athletics, is so generally overlooked, says Hackenschmidt, in the *Daily Mail*.

I do not think I can reasonably be accused of holding prejudiced views, for ever since I first decided to make strength my profession, I have practised almost every form of athletics, and I can truthfully say that, as a muscle-building and health-giving exercise, wrestling stands alone. But I would point out that the benefit afforded by regular bouts of wrestling is of little practical value unless the would-be strong man—or woman, if you like—observes certain hard and fast rules in the day's programme.

I am convinced that it is not advisable in the search for health and strength to lay down too strict limitations in the matter of diet. Thus, it is well to eat what tempts the appetite, for a meal which is distasteful rarely has a beneficial effect. But, as regards drink, there is one law "of the Medes and Persians order" which must on no account be broken—never drink spirits. Alcohol, from the standpoint of strength, is the germ of death.

For some unknown reason many people hold the belief that the rules of wrestling are intricate and difficult to clearly understand; but they are not. An intelligent child could master the rules of wrestling in both the Græco-Roman and catch-

YALE
OH GEORGE! HE SLID RIGHT IN THE DIRT—I'LL BET THE YALE BOYS ARE MORE GENTLEMANLY!
BREKA-KEK-KEK BREK-A KEK-KEK
HE HADN'T MUCH CHANCE.
WORLD'S CHAMPION
NOTE CHEST DEVELOPEMENT
YALE
HOW THEY STACKED UP
THE REGULARS WERE IN GOOD VOICE.
THE PHOTOGRAPHERS WERE THERE.

BASEBALL AS THE AMERICAN ARTIST SEES IT.

The above sketch is interesting in view of the fact that strenuous attempts are being made to introduce the game of baseball—America's national summer pastime—into this country. Baseball, its supporters hope, will prove even more attractive as a summer pastime in England than cricket, than which it is a great deal more exciting.

as-catch-can styles in a very few minutes. In fact, the A B C of wrestling is far simpler than your English alphabet.

It is a great mistake to overtax the strength by trying to do too much. Hercules himself never acquired his strength in a hurry; and, therefore, I would advise seekers after muscle to contain themselves in patience. Above all things, I am a firm believer in work—but not overwork. Bathing is also an indispensable asset to strength, and two baths a day are not too much. Personally, every day of my life I take a cold plunge in the morning, and afterwards indulge in a few minutes' skipping or weight-lifting before dressing. By the way, the following exercise is a really excellent one, which I frequently practise: I sit down almost to the floor with a heavy weight behind my back, and then rise time after time very slowly. At first this exercise seems trying, but after a little while it is impossible not to feel its beneficial effects.

And now let me write out a prescription, which those who wish to become strong and healthy would do well to observe: (1) Take regular meals and eat what tempts the appetite. (2) Drink plenty of water. (3) Keep the pores open by frequent bathing. (4) Give yourself plenty of sleep. (5) Try not to worry, and be moderate in all things. (6) Practise the exercises which I have advised in this short article.

And you will surely become strong if you persevere.

How Often do you Wink?

The question of fatigue caused to the eyes by various kinds of artificial lights has recently been taken up and studied at some length by a Russian Government expert. He says that the involuntary closing of the eye (winking) is a sign of weariness. Using surfaces illuminated by various lights, he counted the involuntary movements of the eyelid, his results being that when candle-light was used the eyes were closed 6.8 times a minute; with gas-light, winking occurred 2.8 times a minute; with sunlight the eyes close 2.2 times; and with electric light 1.8 times.

Strength.

But what is strength without a double share
Of wisdom? Vast, unwieldy, burdensome,
Proudly secure, yet liable to fall
By weakest subtleties; not made to rule,
But to subserve where wisdom bears command.

MILTON.

Countryman v. Townsman.

Who Makes the Better Workman?

WHO has the better chance of becoming a successful business man, the townsman or the countryman? In an article on "Training and Natural Degeneration," Mr. W. Beach Thomas quotes the case of a builder who gave a striking instance of the superiority of the countryman.

His evidence revealed the fact that all the men, without a single exception, who had become foremen in his works, had been born and bred in the country. In investigating the several instances it came out that the cause of this one-sided success was in itself, though perhaps indicative of greater influences, as small as the causes of success usually are.

But such motive agents, often negligible quantities by themselves, are continuously cumulative, and at the end of a few years may compose an arithmetical progression, obviously sufficient to explain the wide interval that separates success from failure.

COUNTRYMEN DYING OUT.

The fact that a countryman will walk to his work in the morning instead of riding in a tram or 'bus would, if first causes are carefully and consecutively examined, be found a large contributory cause towards success.

The man who walks to the office is not liable to the accidental delays connected with artificial means of transit. His journeying is not affected by blocks in the street; he does not just miss the train. Nor, again, does he destroy his digestion and temper by bustling to catch one. He arrives at his work with lungs better aerated, with firmer pulsation of the heart, with body more naturally warmed. His mind and body are more even and level than the rest; his vigour more constant, and in a short time this fitness, which is first physical, helps him to moral and mental qualities which more than compensate for any deficiency in education or quickness, in which the town-bred are supposed to excel.

The alarming fact is that this supply of countrymen is in fact running out.

"Garn, monkey-juice, or I'll punch your bloomin' jaw."

The supply cannot be kept up much longer.

In recent years the small trades—both a result and a cause of rural depopulation—have steadily decayed. The village carpenter has now no apprentice. Local saddlers, local wheelwrights, local builders, even hurdle-makers and thatchers are disappearing.

BACK TO THE COUNTRY.

The large factories have absorbed the small businesses—or killed them—and there has been a loss of certain qualities in the goods they produced.

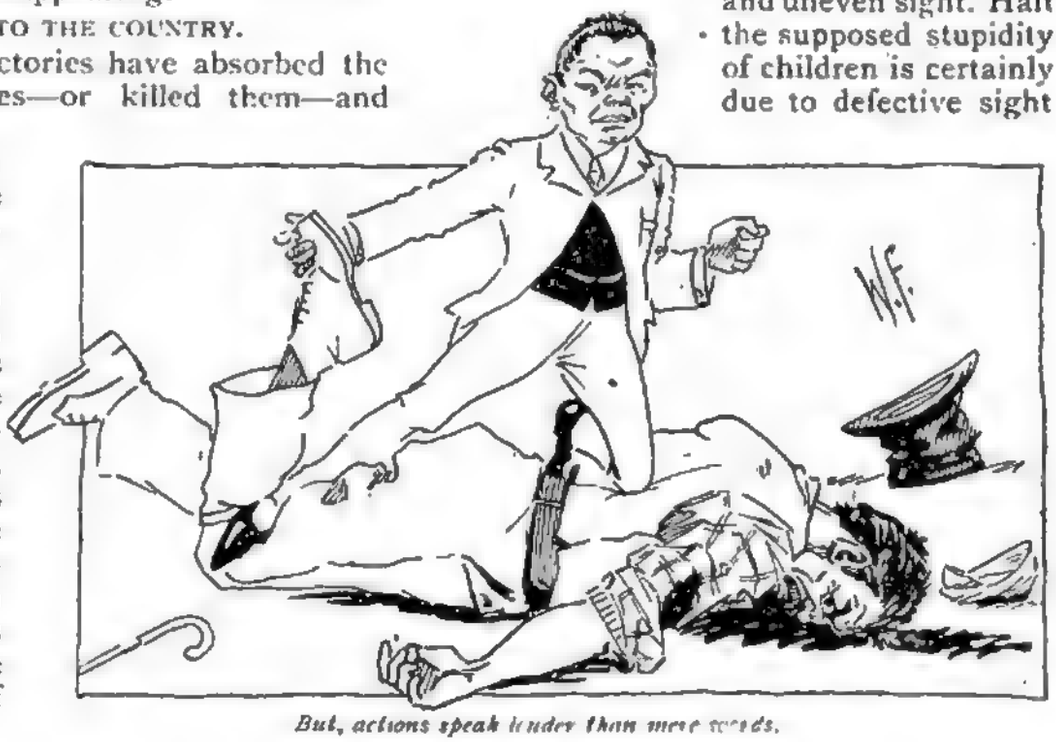
The loss in individual skill, parallel with the loss in physique due to emigration to towns, is a serious factor in the nation's development. A man working "on his own," in the favourite term of pride, puts into his work interest of an incomparable quality. His work is vertebrate, stiffened with individuality, but always flexible and unmechanical.

Naturally, the best cure for degeneracy and deterioration is a return to country life; but since this is at present impracticable, if not impossible, something may be done by a judicious adaptation to one's surroundings.

He begins to think that life in town is impossible for him, until he discovers how many men live and flourish in the same circumstances; and then perhaps he comes to the knowledge that, since the new life is an artificial thing, it may need artificial adaptation, as the privet caterpillar, where no privet is, must change its colour and diet. How much less he must eat, how far he must compel himself to take exercise, is a question for every man's discovery. And it is an important and necessary question for every London citizen who has a volition of his own.

It is not only that the town dwellers', and especially the children's, frames are deteriorating; their senses are suffering badly.

Children see badly. General Buller thought the Boers had the advantage of us by two miles; and doctors tell us that half the common maladies are aggravated and brought on by forms of astigmatism and uneven sight. Half the supposed stupidity of children is certainly due to defective sight



But, actions speak louder than mere words.

and hearing. Owing to the halfpenny newspapers, sight is altering all over the civilized world.

TRAINED TO BE NATURAL.

The town dwellers need to be trained to do what country people do naturally. They need to be taught to breathe and to take proper exercise, because the character of their surroundings does not entail the right performance of these necessities without effort as in the country.

Somebody once went so far as to say that the whole secret of health was interest . . . and generally no one will be disposed to doubt the effect of a keen brain on the health of the body. . .

Are we as ready to acknowledge, falling from the general to the particular, that this alleged physical deterioration of Englishmen—happily it is not even alleged of the British—may be due to a deterioration in the national interests? For the interest that helps the body must be the interest of the actor, not of a spectator; and must be of a healthy kind. Interest in African mines does not materially aid longevity, nor does the man who spends his leisure in reading of league matches benefit his lungs and liver.

Little Blind Athletes.

Physical education forms a prominent feature in the curriculum of the Royal Normal College for the Blind at Upper Norwood. At a recent garden party, it was interesting but pathetic to see poor blind girls roller-skating round and round a rink, their only guide being the echoing from the walls of the notes of a piano, and there was not even an approach to a collision.

Twelve of the boy scholars, dressed in dark blue costumes, gave a diving, swimming, and life-saving display. They actually turned somersaults from a diving board.

A "Weedy" Empire.

The fault of the Empire is not that it is too small, but that mighty and powerful as it is, it is imperfectly developed.—Mr. BALFOUR at Glasgow.

A MAN WHO HAS LIVED ON MILK.

Says it is the most Marvellous Medicine in the World.

EVERYONE knows that milk has a high nutritive value, but the land of wonders, the United States, possesses a man who has lived for thirty-five years solely on milk. He claims to have cured all sorts of ailments simply by putting his patients on a milk *régime*. His name is Dr. Philip Jacob Reinle, and his establishment is situated in New Jersey.

At first the story of a place in which all the people lived on milk, drank three to six gallons of it every day and gained flesh at the rate of several pounds a week, seemed more fun than fact. But gradually amusement faded into curiosity, curiosity into honest interest.

A company of cows, fine ones, in a pleasant pasture field. A company of men and women, sick ones, in their turretted house high above the meadow land. Enter a real, live, newborn fad!

A new cure! That rare gold mine, unsurpassed in value to its discoverer by anything, unless it be a new religion. And it looks as if this milk business was likely to prove a mine of both sorts, cure and religion. For the quiet, immovable faith of those who have swiftly gained their twenty or thirty pounds, the unflinching calmness with which they advise everybody suffering from any ill whatever to drink milk, nothing but milk, has somewhat of a religious quality.

Why have we never heard of this place before? For twenty-two years, within an hour's ride of New York, Dr. Reinle has practised his milk method, but he has had no money to make it fashionable, no money to advertise it.

Yet his house has been crowded. One patient tells another; tells of what the milk diet, taken under medical direction, did for him; how it makes sick people well, makes good blood, sound flesh, clear brain. Among those who tell these milk marvels are many business men, New York politicians, writers, lawyers. It is no weakling institution, no mild matter for only women and children.

So phenomenal is the increased weight that at first one doesn't believe reports of it. The figures seem to throw discredit on the whole cure. But these particular figures do not lie, and a constantly growing number of reputable citizens are ready to add testimony.

"I've been here since last July," said one woman, the picture of health. "I weighed 100 when I came, 160 now."

"Do you never get hungry for anything else? Never long to sit down regularly at table and eat as you used to?"

"That will come back to me," she answered. "But, really—it sounds almost absurd to say it—yet we have come to prefer the milk, even those of us who hated the very sight of it at first. My husband had never been able to drink milk at all until he came here and had to. He endured an uncomfortable day or two, got past the crisis, and—he's addicted to the milk bottle now."

There's no getting up for breakfast at Dr. Reinle's, no dressing for dinner. Breakfast and dinner and lunch and tea and several meals thrown in come around individually to the patients—come each in a nice white milk pitcher with a mug beside it.

It happened at one of the distribution moments that half a dozen men patients were sitting on the wide verandah. Half a dozen pitchers took their places on the railing, half a dozen cups, like so many little calves, in the rear. The men were comparing notes and squabbling violently over the amount of milk they had taken since coming to the cure.

Talk about comparing notes! Those that get compared at Dr. Reinle's are certainly the most entertaining that ever lined up for observation even in a hospital. For instance:

"Three gallons a day first week, four gallons the second. Gain five pounds first week, seven second; fifty pounds in three months. All clothing given to farm hands.'

Dr. Reinle's theory is founded on a scientific knowledge of the value of milk as a food.

A German of striking temperament and substantial learning, Dr. Reinle has made the effects of milk upon the human body his life study. He considers milk the basis of proper nourishment. He doesn' say that people should stop eating forever. On the contrary, he prepares them to go back to their normal life. They stay with him for months perhaps; then some evening, after dining on a final gallon or two, they go home, wake up the next morning and sit down to coffee and bacon.

Flesh is the improvement most of the patients dilate upon. They keep it, once acquired, though they no longer touch milk; but they are not dismissed as cured until drinking milk has made their weight normal for their height.

Milk and rest and fresh air, sleeping—sleeping indoors and out—these are the tenets of the milk cure. For tired people—well, there is something in the very thought of it.

One man the writer talked to said he had to sit up in bed and laugh, he felt so good.

"It's life! That's what it is, new life! Talk about your brain fag," said he, "I had it all right enough—brain fag and body fag and heart fag. I went out to Summit and stayed two months. I hated milk when I went. I liked a whiskey and juicy beefsteaks. I like 'em yet, but whenever I feel bad nowadays I take a week of the milk diet and pull myself back into shape."

There is only one rule of conduct at the milk cure—The milk must be drunk! The drinkers may go where they please, but the milk goes along with them. So, in that section of Jersey, one is likely at any moment to run on a pitcher of milk in the hands of a fat and beaming Reinleite, generally in his bathrobe. The bathrobe, male and female, is the hall-mark of the milk cure.

The uses of this newest proclaimed cure are indeed legion. Two girls, worn out with the season, went to the sanitorium last year, to get ready for another winter. They repaired their badly damaged necks, paid their bill, and went home again.

Modern Menus.

The menus of the well-to-do are on the topsy-turvy system. Instead of being so arranged as to increase hunger, they stimulate appetite.—Head Master of Harrow.

"THE BREAD LINE."

Army of New York's Human Derelicts who Wait Hours for a Loaf of Bread.

By R. E. MONTROSE.

NEW YORK has no more pathetic spectacle than "the bread line." Every night at the corner of Broadway—the Strand of New York—and Tenth Street, a long line of life's failures—poor, gaunt, ragged creatures, unable to win in the strenuous battle of life—stand patiently awaiting the loaf of bread which a generous German baker gives away to the starving poor of that great city. Sometimes as many as 400 form that hungry and depressing line of "creatures that once were men," their poor, shrunken bodies telling only too plainly the cause of their defeat in that strenuous new world. They need a physical, as well as a spiritual, regeneration. I watched Captain Henry—the mysterious person who has, in spite of the inquisitiveness of the American reporter, managed to conceal his identity—distribute the loaves recently to 410 of these human derelicts. A man must, indeed, be in the direst necessity when a piece of dry bread will tempt him to form a link in that chain of hunger.

THE MAN WITH A FAMILY.

It lacked a few minutes of midnight when Captain Henry gave the signal for the line to move. It was an interesting study to watch the men and their faces as they advanced to accept the meagre bounty. Some seized the bread like hungry dogs looking for a bone, and began eating as they moved away. Others accepted it silently, without moving a muscle of their pinched and drawn faces. There were many who said "thank you," and even a few who seemed cheerful in their adversity, and who called Captain Henry by name and commented on the fine weather.

"There is a man with a family," remarked Captain Henry, as a tattered human wreck tucked his bread under his coat and made a bee-line in the direction of Third Avenue.

"He's going to take that to some little attic where hungry mouths are awaiting him. If he had only been as wise as some of our customers here, he would have gone back to the end of the line and come along for a second portion. Any man here has the privilege of repeating, and we never refuse the second hand-out."

But nine out of ten applicants for bread were between the ages of twenty-five and forty years.

HANDICAP OF ROUGHING IT

"I am a plumber's helper," one said, "and up to a few months ago was making a good living. There were a number of men laid off in my shop last spring because times were hard and there was not enough for all of us to do. It did not worry me, because I'd always been able to make a living, and expected I always would be. But I've tried all summer to get work at my trade, or work of any kind, and outside of two or three odd jobs I've been unable to earn anything. The longer I'm out of work the worse my clothes look, and it's hard to get work when you're dressed like a tramp.

"In the last month I've slept in the park and in doorways a dozen times. I have been forced to beg for pennies, and if it hadn't been for these, and an occasional glass of beer, with free lunch that they bought me, I'd have starved. I haven't come to robbery yet, but there's a strong temptation for it when you're broke and hungry and homeless, and all the time willing and anxious to work if only someone would give you the chance.

"It makes you feel that you're not getting a square deal. There's a lot of other men in New York this summer who are in the same boat as I am. I suppose it is due to hard times."

CAN GET NO WORK.

A neatly-dressed man, of fair physique, and apparently not more than thirty-five years old, said he had been an agent for a typewriter concern until a year ago, and had supported a wife and a child on his earnings, besides laying aside a small sum for a "rainy day."

"The 'rainy day' came a year ago," he said, "when I lost my place because the firm had more agents than the condition of business warranted. I have not been able to get any steady employment since. First, we had to give up our flat and furniture and move into cheap furnished rooms. Then we began drawing our little bank account, until it was exhausted. The next step was for my wife and baby to go and live with her married sister until I could get work. They have been there all summer, and I haven't been able to contribute £1 to their support in three months. I've answered all sorts of advertisements for work, and walked the soles off my shoes looking for it, but somehow there doesn't seem to be enough work to go around."

ST. CLAIR PHILLIPS.
The well-known writer on Physical Culture whose contributions often grace our columns.

There was a sameness in all the stories which these men, picked at random from the "bread line," told. They were willing to be useful members of society. They wanted work and could not get it, and as a result they, and in some instances their families, were suffering.

"This may be an era of prosperity," remarked Captain Henry, "but the 'bread line' tells a different story."

Singing and Longevity.

We take the following from the columns of *T.P.'s Weekly*: S. Y. W. (North Berwick) writes: In your issue of April 13 Mr. W. A. Bevan writes *re* "Long-lived Singers": "It is a remarkable fact that singers would appear to have long lives." *Is* it so "remarkable"? Would it not be true to say that singers live long *because* they are singers? The proper training and use of the vocal organs of the singer, including the apparatus which supplies them with air, must doubtless tend to expand and invigorate the lungs, and, as a direct consequence to keep the blood well aerated, and thus promote a healthy condition of the other vital organs. Correct breathing is rightly insisted upon by advocates of physical culture as a primary source of physical well-being. Mr. Eugen Sandow, I think, says that too many people who live a sedentary life only "peck at" the air, instead of taking copious draughts of it. It would not be surprising to find that players on wind instruments are eminently healthy and long-lived. Public speaking, also, provided the speaker has been well trained in the use of the lungs and voice, should tend to long life. May not this be at least one reason that the clergy are long-lived, as insurance statistics prove that they are? This is merely a "lay" opinion. Perhaps it may elicit the views of some medical expert on the subject.

ARTICLETTES.

The Coming Race.

The increasing precocity of the modern child is very observable, and the humourists are naturally taking every advantage of the fact. Commenting on the remark of a writer in *The Academy* that "the majority of modern children will be old men and women by the time they are thirteen," a versifier in *The Daily Chronicle* writes the following:—

At four upon his natal day
All childish things are put away;
At five are his school triumphs won;
At six his education's done;
And oh! his life at seven!
In lanes he loves to linger late
With Phyllis, and will, trembling, wait
For her reply that, big with fate,
May make all earth seem heaven.

At eight his joy is married life;
At nine his household cares are rife;
At ten he lets his waistcoat out,
And Phyllis asks with frown and doubt
What is the Club's attraction?
Next year each morning in the train
He'll—having read his *Times*—explain,
Much to his fellow-travellers' gain
The Ministerial action.

At twelve he's to St. Stephen's sent;
The next he joins the Government;
At fourteen his physician fears
The burden that advancing years
Will on him day by day set;
Mundane affairs no more engage
His thoughts, and at the ripe old age
Of fifteen, from this mortal stage
He goes, and then. . . . . "Hic jacet."

The Art of Life.

Mr. Lloyd George, speaking at the Welsh borough of Nevin recently, said nothing struck him more when visiting small towns on the Continent than that in England they were much behind in the common endeavour to brighten the life of the great masses of the people. We had not yet learned the art of life as some Continental nations had.

The Sandow Girl.

After the Gibson girl, the Sandow Girl. Miss Carrie Moore, at the Apollo, is the first of that ilk, and a very charming representative of Physical Culture she is, although the idea of a "dairy-maid" toying with figurative ton-weights, is a trifle bizarre.

Instead of those posings and high steps
The Gibson girl used to affect,
The Sandow girl cultivates biceps—
At least, so we're led to expect;
In place of the Gibson contortions,
Those ladies by Nature endowed
With highly developed proportions
Will *Carrie Moore weight* with the crowd!

The Free Lance

Societies that Clash.

It is a pity, says *The Western Daily Mirror*, that well-meaning bodies having the same or similar objects should so frequently clash, when an amalgamation would be much wiser. For instance, it continues, there are two societies—the National League for Physical Education and Improvement, and the Twentieth Century League—both having as their object the physical well-being of school children. The latter has confined itself to London, but the former is a more ambitious organisation which, starting in the provinces, is now establishing a London branch. Happily they have been wise enough to invite all the members of the Twentieth Century League to a general meeting, when it is to be hoped a satisfactory understanding will be arrived at.

Are we a Nation of Onlookers?

Never, perhaps, was there a time, observes a writer in *The Wolverhampton Express and Star*, when so much attention was given to Physical Culture as in the present day, and that it should form part of the curriculum provided by educational authorities is one of the healthy signs of the times. In spite of the fact that there are persons who will pay a couple of guineas for a seat at Olympia to see Hackenschmidt throw the Turk Madrali twice in a wrestling match occupying actually only 5 min. 34 secs.; in spite of the fact that people in their tens of thousands like to see two-and-twenty men kicking a football about a field towards a given point, we are not merely a nation of onlookers, inasmuch as never was there a time when there was more recognised the truth of the axiom, *Mens sana in corpore sano*, and when it was more fully admitted that the best way to attain that is to properly cultivate the physical powers, as these have a direct bearing on the mental. Who shall say that the interest taken in sport of late years has not, in some degree, had the effect of focussing public attention on the necessity of the importance of physical training? Anyway, more attention is being given to training the rising generation physically than has been the case heretofore.

50,000 Lives Sacrificed.

"There are 50,000 deaths from consumption in England and Wales every year," said Dr. Heron at the festival dinner of the City of London Hospital for Diseases of the Chest. "We know how all these might have been saved."

During the fifty years since the hospital began its work 38,200 in-patients and 70,787 out-patients have attended.

The Tyneside Physical Culture Society is one of the most flourishing bodies of the kind in this country, and its public demonstrations are always well attended. A recent development was held at the Central Hall, Newcastle.

HABITS THAT HURT.

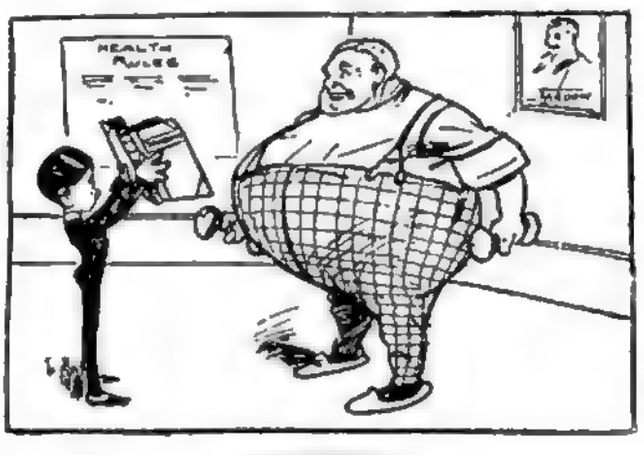
CULTIVATE habits that don't hurt. It behoves everyone in these tense times of great mental, nervous, and muscular stress to conserve their energies, and Dr. Robertson Wallace, in the *Young Man*, gives some useful hints to ambitious youth.

"Nothing," he says, "is more likely to aid him in this conservation of power than good sound sleep, and since this is largely a matter of habit, the earlier he begins to cultivate it the better for his own comfort and happiness later on in life. There is no restorer of a wearied brain to equal sound sleep. Show me the man who has a reputation in business circles for being 'wide-awake,' and I will show you the man who, in his hours of ease, sleeps the sleep of the just.

"The habit of being called, or of being roused, by the dire tin-tinnabulation of an American alarm clock is certainly not one to be encouraged, and is, except on very special occasions, altogether indefensible. If a healthy man retires to rest in good time, he will awaken and rise in good time; if he is late in going to bed, let him sleep until later in the morning. To be suddenly awakened from sleep by some external stimulus is a bad thing, which inevitably tells on the health in the long run.

'WARE ALCOHOL.

"The hurried breakfast, the run to catch the train, the journey in the train, oftener than not in a smoking carriage with both windows shut, are all harmful in themselves, and lead on to other harmful things. After such a start it cannot be wondered at if, on arrival in town, some 'pick-me-up'—in the form of alcohol—is resorted to.



AN ENTHUSIAST.

"Now alcoholic stimulants are not required by, and are injurious to, healthy young men at any time, and they are especially hurtful to physical and mental health if a practice is made of taking them in the morning. When all is said and done, alcohol is a drug, and a potent drug, too, and no prudent man will begin the day by drugging himself. It depresses nerve energy, interferes with clarity and sanity of thought, and tends to unfit a young man for business.

FATTENED FOR THE FEAST.

"The arrival of the luncheon hour means for many a renewal of hurry and bustle, or else a time of over-eating and over-drinking.

"The business dinner, given by a buyer to a vendor, say, is a kind of survival of barbarism, a sort of latter-day commercial cannibalism, where the host, with true business instinct, fattens his guest with a view to feasting off him later; getting as much as possible into him in the hope of getting all that is possible out of him.

"When a business 'deal' is being negotiated over the walnuts and the wine, the perceptive powers of the brain may be dulled, keenness of judgment may be in abeyance, and the emotional faculties are likely to get the better of the reasoning powers in one who is unaccustomed to looking upon the wine when it is red.

"After such a day in town the business man is not likely to feel inclined for anything at all—either food or recreation—when he returns home. At dinner-time 'appetisers' are resorted to.

"Such concoctions are not required by a healthy man to tempt appetite, and when they are taken with that object, it is very doubtful if they fulfil it. They may

cause a certain degree of local irritation in the stomach, which may be mistaken for the pangs of hunger, while their continued use is likely to result in chronic gastric catarrh or something worse.

NOVELS AND HOT MILK.

"The evening should be spent as much as possible out of doors in the fresh air. As a general rule, the business man does nothing of the kind.

"He would appear to prefer spending his hours of leisure in the vitiated atmosphere of a theatre, music-hall, club smoke-room, or public 'lounge,' where his system is forced to absorb a variety of injurious toxins through the lungs or the alimentary canal, or both, while at the same time it is defrauded of all the vitalising principles of fresh air briskly moving.

"No wonder the most innocent 'night out' is so often followed by a feeling of inexplicable 'seediness' in the morning.

"When at last, in the small hours, he does retire, his system is so poisoned and burdened that sleep is an impossibility.

"The best preparation for sleep for such a man is a glassful of warm milk and water, a biscuit, and an entertaining novel. I dare not name the novels I would recommend as soporifics, but there are plenty to be obtained on the prescription of any Doctor of Letters."

Chicago's Little Naturalists.

Two Hours a Day to Study Natural History.

THE study of natural fauna and flora has been added to the burdens of children in attendance in Chicago's public schools, and for two hours each day the little ones will devote their time to the consideration of natural objects, ranging from caterpillars to that well-known piece of sky hardware, the Great Dipper. They will try to determine what excuse grasshoppers have for living and why crickets make so much noise at night when other living things sleep.

They will be told that one of the products of a cow is milk and not the liquid sold in cities under the same name. They will learn also that ants work all through the lunch hour, and that they don't believe in vacations.

The domestic hen is to be studied by the third grade, although it is not yet decided whether it will be wise to try to explain why the hen always becomes so hysterical after leaving her nest. In this grade also the clam will be studied and the habits of the sunfish and spider will be explained. There are several unsolved problems about the spider. It is not yet known how he strings his cable from one high point to another without help. The telephone and telegraph repairers cannot perform this miracle.

In the fourth grade the hawk, gull, crow, squirrel, and rabbit will be studied, and the little ones will be told how to catch a squirrel by climbing a tree and making a noise like a nut.

In the fifth grade there will be still more fauna, and the use of plants for clothing will be taught.

In the sixth grade the migration of the birds will be explained, how the ducks go south every winter, and how they return north in the spring as soon as this latitude is fit for any living thing to live in. The earthworm and other kinds of bait will also be treated of, even bugs as small as the period at the end of this sentence.

The formation of dew and the mystery of its sparkle will be explained. There will be also something doing in ingenious rock and also stratified rocks, and the pupils will learn how to keep tab on the stars and find out whether they are crossing the line on time or whether they are delayed in the Far East because of contradictory rumours of war.

In the seventh grade the pupils will come on to the lowly life of the salamander. By this is meant the animal, not the stove used by builders to dry plaster in the winter. They will study snails, the weather bureau, and minnows, and finally the germ theory of disease. Here they will learn to boil the water and never to come to school without sanitary slates.

IN THE ARENA OF SPORT.

Lawn Tennis Items.

The fair American, Miss May Sutton, who at present holds the ladies' lawn-tennis championship, has arrived in England to defend her title. Before coming to England to defend her title at Wimbledon, Miss Sutton will play at Liverpool in the northern tournament, the ladies' championship of which she won last year.

The lady champion is accompanied by her elder sister, who, according to well-founded report, is an even better player than the young Californian girl who created such a sensation in this country last summer.

Mr. L. O. S. Poidevin, member of the Lancashire cricket eleven, has been appointed captain of the Australian lawn tennis team, which is to contest in the Davis Cup competition next month. As already announced in *The Daily Mail*, the Colonial team will consist of N. E. Brookes and A. F. Wilding.

The Unlucky Second.

Referring to the Amateur Boxing Championships, the editor of *Apollo's Magazine*, in the May number, pleads for some reward of merit, which the beaten man in the final surely deserves. As the writer says, it is hard indeed to battle through a championship and, after a severe engagement in the final, to lose by a narrow majority, receiving nothing for pains and penalties but a thrashing.

J. J. Jeffries, who recently refused to re-enter the prize ring on a guarantee of £30,000 for the season, won £2,000 for the San Francisco relief fund in a four-round bout at the Pacific Athletic Club.

International Scot for Fulham.

Telegraphing last week, our Glasgow correspondent states:—R. C. Hamilton, the Rangers' centre, has signed for Fulham. It had been thought that the popular International would have ended his brilliant career with his retirement from the Rangers, but apparently Fulham have produced inducements not to be resisted. Hamilton is a dashing and resourceful forward, and has played many remarkable games, both for the Rangers and in International matches. Besides being able to keep his forwards splendidly together, he is possessed of rare dash and speed, and is a magnificent shot. He is also a cricketer of no mean ability, being a capable wicket-keeper and a sound batsman.

Cricketer to the Rescue.

F. W. Tate, the well-known Sussex County cricketer, has received a money grant and a vote of thanks from the standing joint committee of the East Sussex County Council for rendering assistance to policemen at Haywards Heath during an attack on them by navvies.

John Roberts' Farewell.

It has been definitely settled that John Roberts will take his farewell of the public as a match and tournament player in a game with Diggle. The match will last for two weeks, of which either the first or second will be Derby week, and will take place at Hengler's.

Approves Sunday Games.

The Rev. G. H. Aitken, Rector of Haslemere, has expressed his approval of games which are played in his parish on Sundays. He is of opinion that football is a healthy exercise for boys and young men, and feels that they are better engaged on Sunday afternoons in healthy exercise than in loitering about the town smoking bad cigarettes.

Business and Buns.

The physical deterioration of the girls of the country is a serious matter for the nation. Girls in business live too much on tea and muffins, and do not get sufficient good meals.—Hon. Emily Kinnaird at Cardiff.

Out of the Running.

Once you abandon a hard-won place in any profession, it is barely possible to retrieve the error. Another fills your place, and if you are a candidate for work again, you have to take your position at the end of the queue.—"Claudius Clear" in the *British Weekly*.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—**One may Help Many.**

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club

Lung Trouble Cured.

Glasgow.

SIR,—I have been a reader of your splendid magazine for the past two years, and have received much valuable information from it.

About two years ago I was troubled with lung complaint, not uncommon in my business (a clerk), but, with the aid of your apparatus and good long country walks, my trouble gradually disappeared, and now I can claim to be as healthy as any of your readers.

DAVID BLYTHE.

Letter from Australia.

11, Unity Chambers,
Currie Street, Adelaide.

DEAR SIR,—About eight or nine months ago, Mr. Arnold E. Ophel sent you a few photos., together with measurements, of myself, for competition, and you were good enough to reproduce three of them in your magazine. Since then I have had more photos. taken, which I consider an improvement on those sent to you, and beg to send two under separate cover.

I have been a reader of your magazine, I believe, ever since the first issue, and have followed your system of Physical Culture for many years, with very satisfying results, as will be seen by measurements herewith.

No doubt you remember your visit to Adelaide, and your inspection of Our Boys' Institute (where, I am pleased to say, I had a personal introduction to you), and the encouragement and advice you gave me then I fully appreciate. You mentioned you would come to Adelaide again, which I trust you will be able to do.

Wishing your grand work every success,

I remain, sincerely yours,

REG. G. SHORTHOSE.

MEASUREMENTS.

	1901.		1906.
Age, 20 years		...	25 years
Weight	9 st. 3 lbs.	...	10 stone
Height	5 ft. 4½ in.	...	5 ft. 5½ in.
Neck	15 in.	...	16½ in.
Chest (con)	33		38½
Chest (exp) ...	37		41½
Bicep R ...	12½		13½
Bicep (L) ...	12½	...	13½
Forearm (R & L)	10½		12
Thigh	20½		21
Calf	12½		14

Passed as First-Class Life.

Manchester.

SIR,—I feel that the experiences of an out-door worker would interest my fellow-readers of your valuable magazine, and might, at the same time, induce some casual reader, who might see this letter, to adopt your system of Physical Culture. As an insurance agent, out in all weathers, wet or fine, on my "bike," I used to think I got enough exercise, but came to the conclusion I was not getting enough of the right sort after having two nasty attacks of influenza two years running; and, after the second attack, the doctor told my wife my left lung was slightly affected, and if I had another bout it might be serious for me. As a married man, I came to the conclusion that this would not do for me, and thought perhaps your exercises would do me good; so, along with two other insurance agents, I bought your book on "Strength," also one of your Developers. I set to work to improve myself with, I may say, the most happy results, as I have never had a day's sickness since, and as this is some eighteen months ago since I started, I think this is a fair trial of your system. I may state that, after six months on the exercises, I proposed myself for £100 with the office I represent, and passed as a first-class life—a proof of the benefit I received from regular exercise. I have also two boys, who I am bringing up to do your exercises, with good results to them. The youngest is affected with adenoids, and underwent an operation for same, but was no better after it, so some six months ago I started him as stated on your exercises, giving special attention to your breathing exercises, and am pleased to say he is going on famous.

J. R. THOMSON.

Medal Fit for the King to Wear.

12, Roedale Road, Brighton.

DEAR SIR,—I received my medal quite safe. Thanks very much indeed. It is a beauty, and should certainly find a link on all Physical Culturists' chains, as it certainly does on mine. I think it is fit for the King to wear on his chain. I like reading your mag., and should be pleased if there were more competitions in it, with medals of some sort as prizes. Yours truly,

A. E. ALLFREY.

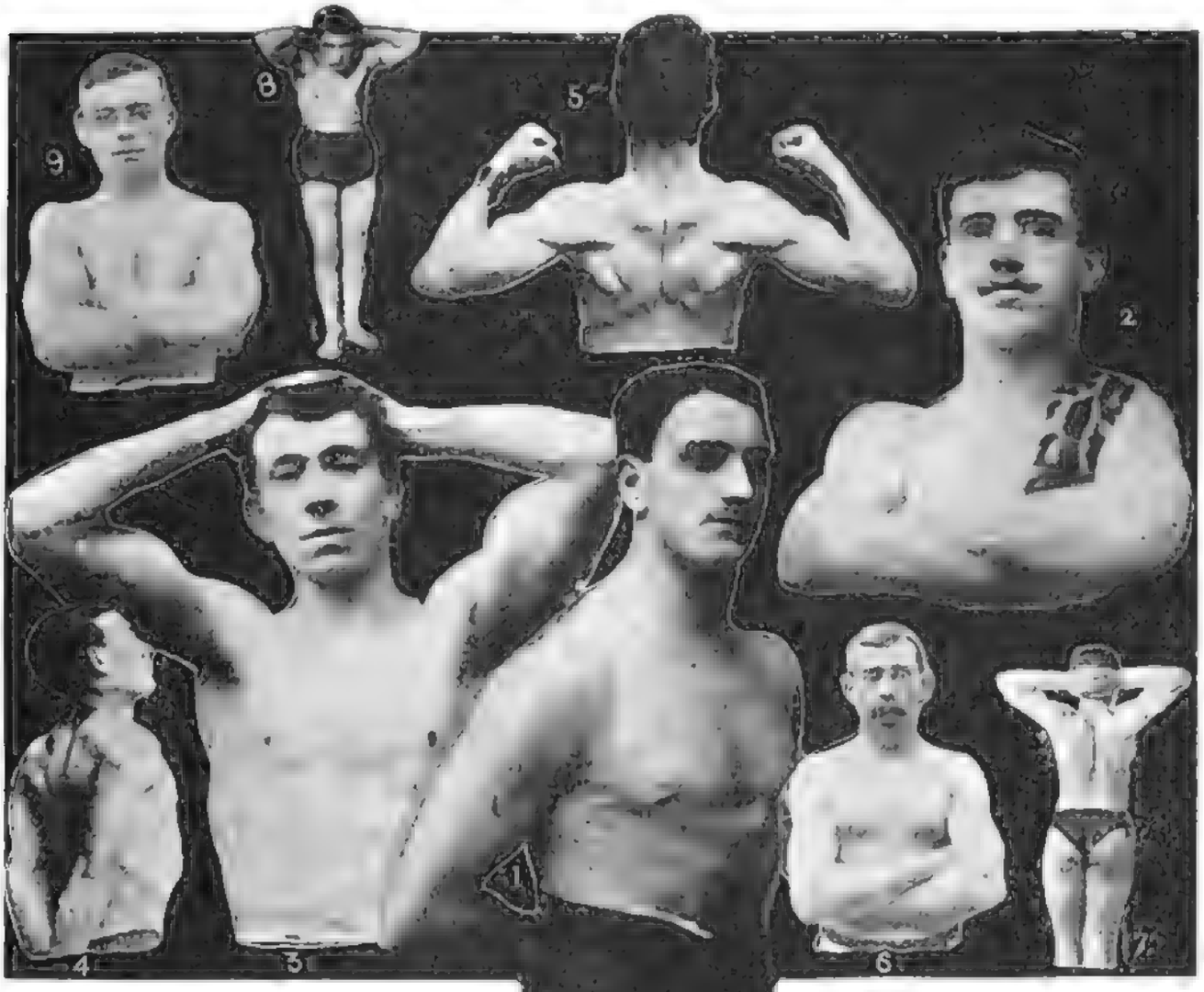
Hardest Work now a Pleasure, and Trains his Brothers.

118, New Town, Ashford, Kent.

Sir,—About four years or so ago I had been a blacksmith's apprentice for about a year, and I found the work very arduous, and although very fond of the work, thought I should have to give it up, as the hard work and heat were reducing me to a living skeleton. However, a friend of mine recommended a course of gymnastics, which I followed out, but I found that I did not derive much benefit from the usual horizontal and parallel bar exercises, so, after a thorough trial, I gave it up, and began to look about me for a lighter job, when one day I met an old chum of mine who had always been delicate; but, to my surprise, was quite strong and healthy, which he told me was due to his using your Developer. He persuaded me to get one, which I did, and after steadily practising for about six months, I found I had increased my weight over 15 lbs., and was quite a different chap.

I am now twenty-one years of age, am 5 ft. 9 ins. in my socks, and weigh 11 st. 9 lbs., and find the heaviest work a pleasure, all of which I attribute to your magnificent system of physical development.

I may say I have three brothers, aged respectively 12, 15, and 17, whom I regularly exercise with Dumb-bells and Developer, and who, from being weakly lads, are all three pictures to look at, and full of strength and confidence.



SOME MEMBERS OF OUR CLUB.

1. H. Long, Dover
2. P. H. Riley, Darwen
3. E. C. Graham, Edinboro'.
4. J. Mathews (no town)
5. J. Hunting, Smallheath.
6. J. H. Keat, Mumbles
7. R. Stone, Birmingham
8. J. Graham, Bradford.
9. E. Heatley, Smallheath.

I have read your magazine for several years, and always look forward to it with interest, and I have received many valuable tips from it.

In conclusion, I hope that the time will soon come when your great efforts for the physical welfare of the nation will be more fully recognised, and your system of physical education made compulsory in all public schools.

Hoping to see this published, if you think it worthy of a place, for I should very much like to possess your Fellowship Medal.

Geo. Cramp, Junr.

Cured of Constipation.

Irlam, Nr. Manchester.

Sir,—I first started Physical Culture through seeing your mag. I have got all your charts, "Strength, and How to Obtain It," also Grips and Developer. After practising and studying your system about five years, a man troubled with constipation all his life came to me for lessons. Result: Cured in a month. Since then, I have taught nearly thirty more.

I am now 35 years old. Before starting on your system I had no muscle worth mention; now I can show a good development, but, best of all, I have perfect health.

D. Johnson.

In the Service.

Bordon Camp,
Hants.

Sir,—Having been a regular reader of your magazine since I first started Physical Culture under P. Riley, Darwen, I have been benefited greatly by following out your advice. I should very much like to be a member of your Readers' Club.

I have been the means of three or four young fellows starting Physical Culture. We have formed a class between us, and we are progressing very much. We hope to send two or three photos. shortly. Sapper E. Oertel.

A Good Worker for the Cause.

Paisley.

Sir,—In giving my experience, it will be necessary to turn over a few pages of my rather eventful past, to the early days of '99, while serving in the Army, when I made my first start with the cult of the body, with such good results that it inspired no fewer than seven fellow bandsmen to follow my example, each with a boy partner; and I might just mention that the boy who was under my care is now a gymnastic instructor. Unfortunately, after nine months' hard work, I was brought to a sudden halt by the outbreak of the South African War. I arrived in that country well fortified to stand the privations of war, but there were more than privations flying about, and it was my misfortune to stop some of them.

Ultimately, I returned to civil life pretty well broken up, and badly in need of re-building; but I could not get a start, as I had not full liberty of the house in which I stayed, and there were no clubs here; so I had just to wait until I had a corner of my own. Having secured that, I at once made a start, and, during the eight months I have been at work, I have made excellent progress, not only in development, but my general health has greatly improved. It has also assisted to overcome the smoking habit, and there is also a crisp feeling about me that was sadly lacking before I started your system, and it is with pleasure that I look forward to that hour spent nightly with my Spring Grips and Developer. I expect to have a class in connection with the Boys' Brigade shortly, and will act up to the Club motto by distributing my back numbers of the mag. to the boys of the class.

Charles McGhee.

Schooling the Will.

Crawcrook.

Sir,—When I first began I was so weak and delicate that I could not eat or sleep; my body was always covered with spots and pimples; my breathing was very poor; in fact, I was nearly in the grave, as far as health went. I would have been the same way yet, or, perhaps, worse, had I not chanced upon your splendid book ("Strength, and How to Obtain It"). I read it two or three times over, and by that time my hopes rose. I started to exercise according to your instructions, and in a few days I felt a good deal better. After I had been at the exercises about a month, I bought a Developer and used it regularly every night. I did not concentrate my mind on my muscles without the Developer the same as with it. It helped me to use my will power; whereas before I did my exercises merely by mechanical motion. J. H. Donkin.

Converting the Family.

Gt. Grimsby.

Sir,—I started to take your valuable magazine about two years ago, but did not take any form of physical exercise until about nine months ago. I was at a friend's house, and he showed me your book—"Strength, and How to Obtain It." I at once bought one and a pair of Dumb-bells, and set to work, but was disheartened a bit at first because my father and brothers said I must be mad to think that I could do myself any good or become any stronger by using dumb-bells. They also laughed at me, and called me all sorts of names, but I did not give up in spite of all they said, but worked hard all the time. At last they began to notice a change in me, but still they did not believe it was the constant exercise that was doing it. I still worked hard, and at last proved to them that they can become stronger and healthier by going in for Physical Culture. C. Netherton.

Better in Health and Strength than for Past Five Years.

186, Abercynon Road,
Abercynon, Glam.

Sir,—Having been under your course for the past few months, and having become a reader of your valuable magazine, I find it my duty to testify to the fact that I am better in health and strength than I have been for the past five years.

I may say I have spent pounds on patent medicines and doctors, but of no avail.

I now make it my duty to tell all my friends of the course and its effects, and they all speak of my rapid progress.

I trust that your work and magazine will be a life-long success, as I must say that Physical Culture is greatly needed, both with rich and poor.—I am, an appreciative reader, yours gratefully,

F. Thorne.

P.S.—I should be greatly obliged to receive your Club Fellowship Medal, so as to advertise your magazine to my friends.

"SANDOW'S MAGAZINE" GOLD MEDAL PHOTO. COMPETITION.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.
(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.
(3) A Gold Medal will be presented each month to the one who, in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.
(4) No photos can be returned.
(5) The right is reserved to publish any of the photos submitted for competition.
(6) No winner in a previous competition is eligible.
(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.
(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

COUPON FOR MAY.

Name of Competitor.....

Address.....

MEASUREMENTS.

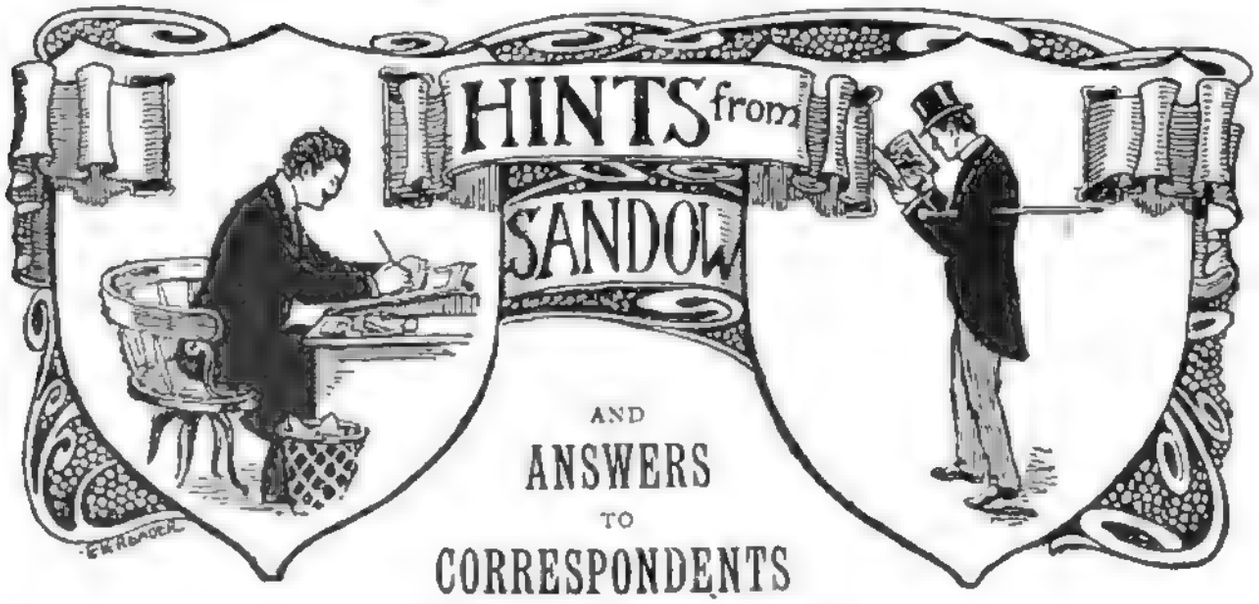
Age .....
Height .....
Weight .....
Chest Contracted .....
Chest Expanded .....
Waist .....
Upper Arm R .....
Fore Arm R.....
Upper Arm L .....
Fore Arm L .....
Hips .....
Thigh R.....
Calf R .....
Thigh L.....
Calf L .....
Ankle .....
Neck .....

We hereby certify that the above measurements are correct. (SIGNED).

Name .....
.....
.....

Name .....
.....
.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.



Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here.*

Fencing.

J. W. D. (WOODFORD) wants addresses of Fencing Clubs, and titles and prices of books on fencing.

Answer: Sword Club, Durham House; Tivoli, W.C., and Swordsmen's Club, Shaftesbury Avenue, W.C. As to books, there appear to be none in print just at present, but you might ask your bookseller if Warne's "All England Series," at 1s., or any other series, includes a work of the kind you want.

Lumbago and Rheumatism.

X. Y. Z. (WALES) writes: Up to the age of 32 I followed gymnastics, being considered a good worker on the horizontal, parallel, rings, horse, etc. Last winter I commenced to practice again in the gymnasium, and after my second practice I caught a chill, and was laid up with an attack of lumbago and rheumatism in the muscles of my back, which I have never had in my life before. I am now very much better, although not quite free from pain at times. Do you think, from your knowledge of the muscles, that it is possible, at my age, to take up these appliances again next winter and be able to do some of my old strength work once more without running the risk of another attack? I might state that I have been in my time 12½ in. upper arm; chest, 38 in.; waist, 32 in.; my height is 5 ft. 5 in.; weight, 11 st. 3 lbs. Was always very fond of full-arm balance—parallel bar work—fencing and boxing, etc. Have only lately taken your mag. in; consider same one of the best we have of its kind. I am a "T.T." and nearly a non-smoker, and have always been fond of gymnastics, cycling, and out-door sport. A reply in your mag. will greatly oblige.

Answer: Better start at once instead of waiting until winter to recommence. By delaying until the colder weather, you run risk of catching cold again as before. Start at once, and by next autumn you will be in condition to resist colds, etc. Your body, too, should by then be free from rheumatic tendencies, which have a way of growing if neglected.

Imperfect Speech.

"SUFFERER" (LAMPETER) writes: Being a constant reader of your magazine, I wish to ask your advice as to a patient suffering with an impediment of speech. I suffer in the way of breathing. I wish to ask you if Physical Culture would in any way cure me. Any advice of yours I will appreciate greatly.

Answer: If the imperfect speech is not due to any structural defect of the vocal organs, and is merely a nervous affection, as are most cases of imperfect utterance, a course of Physical Culture could not fail to bring about an improvement. This applies also to the breathing.

Boy with Pigeon-Breast.

H. W. H. (FOREST HILL, S.E.) asks what exercises with Sandow Developer are most suitable for boy age 6½ years, and who is pigeon-breasted. He has been giving boy pulling exercises with

Readers Requiring

Immediate answers by post should send full personal particulars to following address, where special attention is given to cases requiring special advice.

This notice is specially intended for the guidance of those readers who are troubled with indigestion, loss of vigour, and other nervous and functional weaknesses, and who therefore require special direction—direction of a course of treatment that shall—first and foremost—remove such OBSTACLE, or obstacles, to the building up of health and strength.

The Treatment differs entirely from that recommended to those who are not troubled with special weaknesses. Just as in a ship with an unsound part is it necessary to first repair the damage before starting on a long voyage, so is it necessary to repair the weak and damaged parts of the body if the voyage of life is to be a successful one.

The Sandow Home *Curative* Treatment is a *certain* method of repairing bodily weaknesses. The weak stomach or bowels can under its methods be made as strong as the rest of your body. The nerve force can be liberated from its shackles, and your heart will be strengthened, your blood accelerated and purified, your brain cleared and strengthened, and you will feel *a new man*—free from disease-engendering weakness and congestion.

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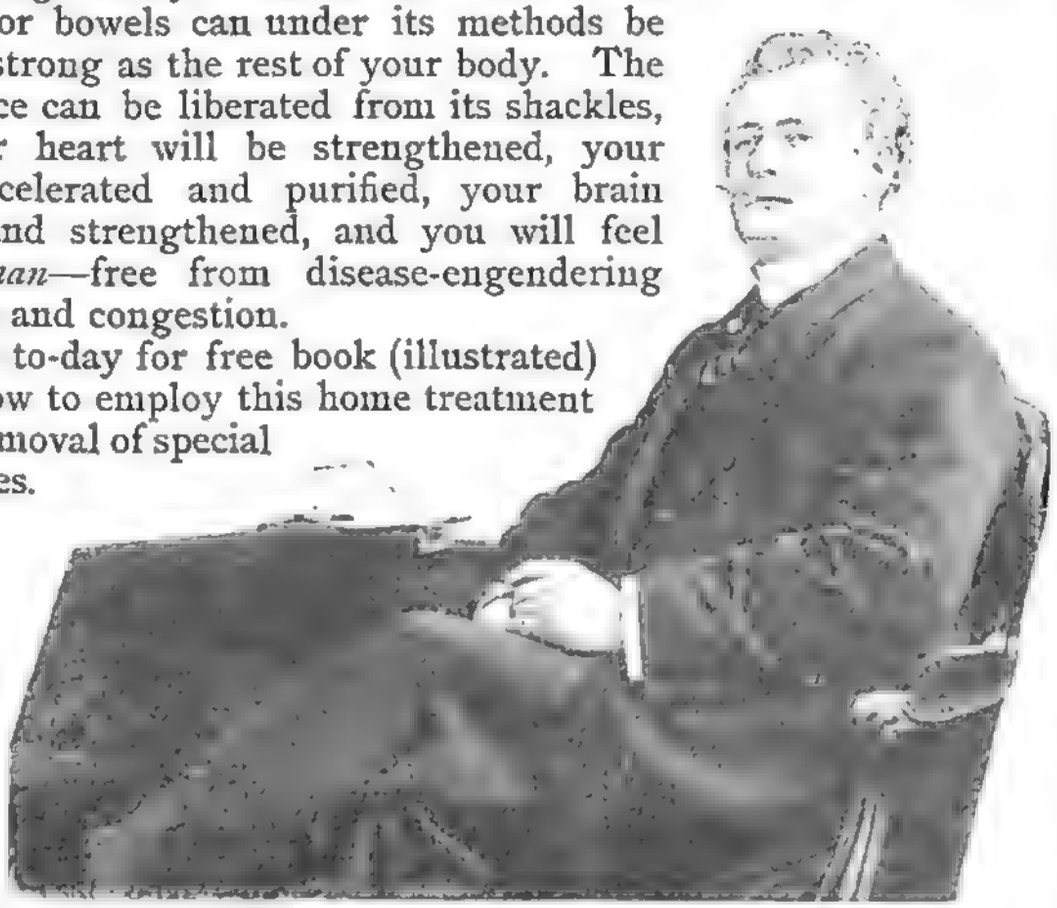


arms extended behind him, and also swinging on the trapèze.

Answer: The exercises you are directing are very good ones, but be careful not to over-strain the little fellow's strength. In addition, encourage him in all healthy out-door games and massage the upper parts of the body daily. A little later, say, when he is nine years of age, write again, as by then he may be able to undergo a course of setting-up curative treatment.

Shoulder and Chest Muscles.

D. L. (CAMBRIDGE) writes: Will you, through the medium of your invaluable magazine, tell me how to speedily develop the anterior deltoid and upper pectoral muscles? I have both your Grip Dumb-bells and your Developer.

Answer: Work with Developer, Chest Expander, and Dumb-bells in over-head exercises, and an especially good exercise for pectoral muscles is one where the bells are gripped as arms are crossed in front, with arms downward and knuckles upward.

"Society's Latest Cure."

Married men will gladly welcome the latest cure, and wish devoutly that it may become, as the reporters phrase it, "Society's latest craze." We are now informed that Society women are adopting a "silence cure."

Nervous patients are recommended to set apart one hour in the day. During that time they are not to utter a word.

Beauty specialists, as well as medical men, are advocating this treatment to the woman who aspires to look young at fifty.

"It is well known that the woman with nerves talks twice as quickly as her more phlegmatic sister," said a nerve specialist to an *Express* representative recently.

"If nervous women can be induced to hold their tongues, and allow not only the body but the brain to rest for an hour a day, we shall hear less about neuralgia and nervous breakdowns."

Stout muscles and a sinewy heart,
A hardy frame, a hardier spirit;
King of two hands, he does his part
In every useful toil and art.
A heritage, it seems to me,
A king might wish to hold in fee.

JAMES RUSSELL LOWELL.

The Scourge of the Country.

A New Crusade Against Consumption.

Consumption is the scourge of modern existence, and a strong organisation called the Open-Air League has just been formed to combat it. Lady St. Helier is the president, and the hon. secretary is Dr. Charles Reinhardt, who was the first man in the United Kingdom to bring to the knowledge of the public the success which attended the open-air method of treating phthisis. The objects of the League are twofold. In the first place, active war will be waged against consumption in sanatoria to be established in various parts of the country, and in addition the League will endeavour to teach the poor the best way to combat the disease. For this latter purpose, branches will be established everywhere, and lectures, pamphlets, skilled house-to-house visitation will be employed.

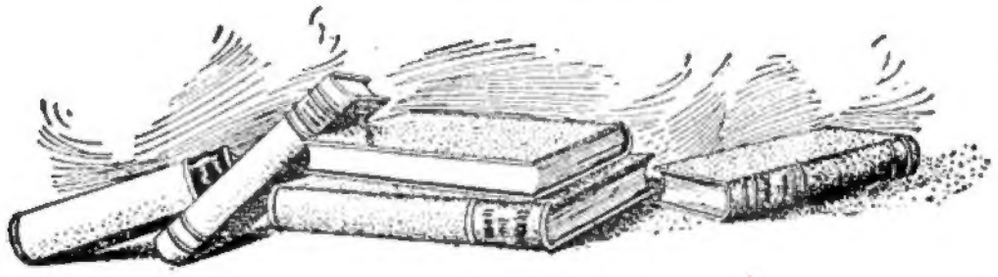
"We hope soon to establish the first of our sanatoria somewhere on the Chiltern Hills," said Dr. Reinhardt to a reporter. "It will accommodate thirty patients, and is estimated to cost £3,000.

"It is a mistake to suppose that sanatoria are expensive. The best are those with accommodation for forty patients, and these can be established at a cost of £100 per patient. This sum would include freehold, and the expenses need not amount to more than 25s. a week each."

When the sanatoria are built the League hope to be able to provide for the after-care of patients by the establishment of industrial farm sanatorium colonies, where the consumptives would do light work, and cured or partly-cured patients will be put into communication by the League with employers who wish to engage open-air workers.

Dr. Reinhardt pointed out, that as it was the poor the League was established to benefit, public support was asked for. A matinée in support of the Open-Air League will shortly be given at one of the West-end theatres.

Public baths, said a speaker at Birmingham recently, perceptibly raised the moral tone of the districts in which they were erected.



Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

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Scientific and Practical. By Prof. D. L. DOWD. 322 pages, with portrait of Author, and 80 illustrations. New and Revised Edition. Cloth, bevel edge, 6s.

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Practical Methods to Ensure Success

Is a little book containing extraordinary facts governing human life. The methods not alone quicken body, mind, and soul, but when adopted fully they make the turning point in one's life. If you are not the success that you wish to be; if there is something wrong and you do not know just what—perhaps a condition of mind or health that has caused years of anxious hope and disappointment—would you give One Shilling to know why? This books tells why, and how to remove difficulties. Price 1s. 2d. post free.

Ars Vivendi.

By ARTHUR LOVELL. Revised and enlarged edition; 145 pages, with index. Price 2s. net, post free, 2s. 3d. Contents: Preface—Introduction—Water, Light and Diet—Breathing—Physical Culture—Transference of Nerve Energy and Suggestion—Mental Vigour—Power of Will—Imagination—Concentration—Manners—Vril and Individual Influence—Symbology of the Developed Man.

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The Cultivation of Personal Beauty, based on Hygiene and Health-Culture by twenty Physicians and Specialists, with 20 illustrations. Edited by ALBERT TURNER. 4s. 9d., post free.

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A Guide to the Home Treatment of the Sick. By W. E. FOREST, B.S., M.D., Fellow of N.Y. Academy of Medicine, Member of Medical Society of County of N.Y., and N.Y. Medical Union. Thirteenth Edition. Revised, enlarged, and illustrated by Albert Turner. 4s. 9d., post free.

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CRITERION—At 8.30, The Little Stranger." Mat. Wed. and Sat. at 3.

WYNDHAM'S—At 8, "The Girl behind the Counter." Mat. Wed. at 2.15.

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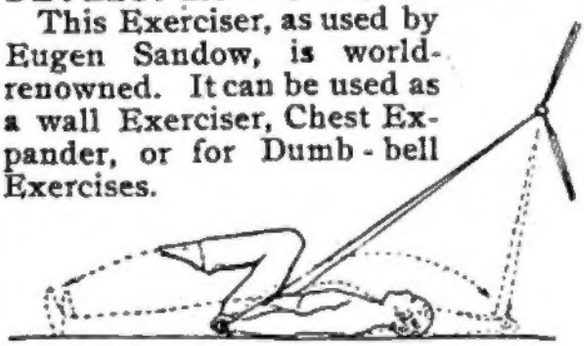

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